

Taking Control of Your Asthma

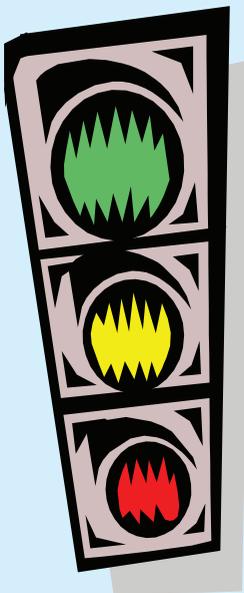
Good asthma control means the child being able to:

- Play and exercise when the child wants.
- Sleep through the night without cough or wheeze.
- Avoid urgent visits to the doctors and no hospitalization because of asthma.



The Asthma Action Plan — What Does it Mean?

How the Parent, Physician and Teacher can Monitor Your Child's Asthma.



GREEN Asthma Zone Child is Under Control

This zone means the child has no signs of asthma which includes no coughing, no wheezing, no fast breathing, and the child is playing with no problems

YELLOW Asthma Zone Follow Treatment in Asthma Action Plan

This zone means the child is having signs such as coughing, wheezing, cold symptoms, coughing at night

RED Asthma Zone SEEK EMERGENCY HELP!

This zone means medicine is not helping within 10-20 minutes, fast breathing, trouble walking & talking, lips and/or fingernails blue