### Regional Children’s Asthma Clinic

**The colors of a traffic light will help you use your asthma medicines:**

- **Red: Danger Zone!**
  - Use controller medicine
  - Phone Number
  - Get help from a doctor

- **Yellow: Caution Zone!**
  - Add quick-relief Zone!
  - Phone Number
  - Use controller medicine

- **Green: Go Zone!**
  - Use controller medicine
  - Phone Number

### Emergency Medication Possession and Self-Administration Approval

**Student has received instruction in self-administration of emergency medication.**

**Initial**

**Date Approval Expires:**

<table>
<thead>
<tr>
<th>GO!</th>
<th>MEDICINE</th>
<th>HOW MUCH</th>
<th>HOW OFTEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Breathing is good</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• No cough or wheeze</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>• Can work and play</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>• Sleep through the night</td>
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<td></td>
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<tr>
<td>- <strong>AND -</strong></td>
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</tbody>
</table>

**Peak Flow Reading Above**

**For asthma with exercise, take:**

- **Albuterol**
  - 2 puffs
  - 20 minutes prior to activity as needed

**CAUTION:**

- First signs of a cold
- Exposure to a known trigger
- Cough day or night
- Mild wheeze
- Tight chest
- Symptoms during exercise

- **Peak Flow Reading Above**

- OR -

**In 1 hour, did symptoms improve or peak flow return to green zone?**

- **NO** → **YES**

  **Return to green zone medications and follow peak flows**

**Have you been in the yellow zone for more than 24 hours?**

- **NO** → **YES**

  **Call your Health Care Provider**

**DANGER!**

- **Medicine is not helping**
- **Breathing is hard and fast**
- **Nose opens wide / ribs show**
- **Can’t talk well**

- **Peak Flow Reading Above**

GET HELP FROM A HEALTH PROVIDER NOW! It's important! If you cannot contact your provider, call 911 or go directly to the emergency room. **DO NOT WAIT!**

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