

GREEN

If I Have:

- No Symptoms
- No Coughing or Wheezing

And if I am:

- Breathing Okay

I Will:

- Take My Medication *if needed*

My Medicine and Instructions:



YELLOW

If I Have Mild to Moderate Signs & Symptoms:

- Some Difficulty Breathing
- Coughing or Wheezing
- Chest Tightness
- Getting or Has a Cold
- Can Do Some, But Not All Usual Activities

I Will:

- Take My Medication

My Medicine and Instructions:



RED

If I Have Severe Respiratory Signs & Symptoms:

- Lots of Difficulty Breathing, Walking or Talking
- Getting Worse Despite Medication
- Gaspng for Air
- Hunched Over
- Confused
- Grey/Blue Lips, Fingernails, or Skin

I Will:



My Asthma Action Plan Flash Cards

ASTHMA TRIGGERS:

Mold & Mildew

