Name: Date of Birth: School:			ASTHMA MEDICINE  You can use the colors of a asthma medicines.  I. GREEN means GO. Use  Z. YELLOW means CAUT  B. RED means DANGER!  doctor NOW!	traffic light to help learn a se your prevention medicing TON. Use quick-relief med	nes every day. licine.	AS THE PARTY OF TH	
GREEN means GO!!!!		USE PREVEN	NTION MEDICINES EV	VERY DAY	SA AVENTE		Ī
Breathing is good.	☐ No	t Applicable (no	prevention medicines)				
' No cough or wheeze. ' Can work and play.	Medicine		How much to take	Ti.	~~~	Cirola Ona	
Oan work and play.	WEGICITE		How much to take		nes	Circle One	
			w	ith spacer		Home/School	_
						Home/School	_
				=		Home/School	_
EPP 00	**20 minutes bef	fore sports, use th	is medicine:		9		_
YELLOW means CAUTION!!!!		STA	RT TAKING QUICK-F	RELIFE MEDICINE			=
A A	1. KEE		EN ZONE MEDICINES				
Service Servic			ICK-RELIEF MEDICIN	E TO KEEP AN AST	HMA ATTACK		
KAN KON	FRO	M GETTING BA	D.				
01 17	Medicir	ne(circle)	How much to take			Times to take	Ļ
Cough Wheeze						\ <del></del>	
日 户 巴	\				with space	r now and every 4 to 6 hou	rs
	**If you F	O NOT feel better	in 20 to 60 minutes FOLLO	W THE RED ZONE PLAN	ı		
イイーが			THESE SYMPTOMS FOR			₹.	
Tight Chest Wake up at Ni	ght						
RED means DANGER!!!	<b>海兰地名</b> 地名		GET HELP FROM A			· 有到一个一个	
* Medicine is not helping * Breathing is hard and fast			TAKE THESE MEDIC	OFFICE OR EMERG			
* Nose opens wide to breathe				\$ 10 miles to 10 miles 1400000	L IIIL DOOLG	// C.	
* Can't talk well	<u>Medicir</u>	<u>ne</u> (circle)	How much to tak	<u>e</u>			
Ser Silver							
(A) X(G)						with spacer	
6 3 1	You ma	ıy repeat this do:	se times, 2	20 minutes apart.		with spacer	_
	You ma		, <del></del>	%,		with spacer	_
	You ma		S) IF: Lips or fingernails ar	e blue, or	**	with spacer	
	You ma		IS) IF: Lips or fingernails are You are struggling to	e blue, or	<b>T</b> T	with spacer	
Air Quality Alert Days: The na	88	CALL 911 (EM	(S) IF: Lips or fingernails are You are struggling to You do not feel or lo	re blue, or o breathe, or ok better in 20-30 minutes			
. 1 - 1	88	CALL 911 (EM	(S) IF: Lips or fingernails are You are struggling to You do not feel or lo	re blue, or o breathe, or ok better in 20-30 minutes			
Air Quality Alert Days: The na	ational recomm	CALL 911 (EM	IS) IF: Lips or fingernails ar You are struggling to You do not feel or lo avoid outdoor exerci- ation: (Check one)	re blue, or o breathe, or ok better in 20-30 minutes se when levels of air	pollution are	high.	_
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ADAPTED FROM: The Global Initiative for Asthma (NIH Publication No.96-3659C. Dec. 1995) and Christus Santa Rosa Children's Hospital and El Centro del Barrio, San Antonio. Rev 3/2009

Cell Phone

Home Telephone

Work Telephone