

CHECK YOUR ASTHMA SYMPTOMS

Think Stoplight!

Think of each stoplight color as an asthma "zone"! Follow the tips below for each zone to stay in control!

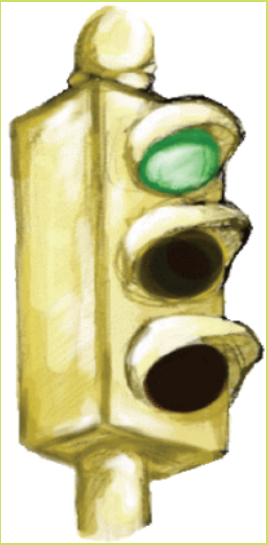
Green Zone

Green means **GO!**

If you have no asthma symptoms at all, you are in the green zone!

Tips:

- Keep taking daily controller medicines!
- Keep controlling asthma triggers!



Yellow Zone: Early

Before an asthma attack, you may feel:

- cough
- allergies
- tiredness
- cold symptoms
- not sleeping through the night

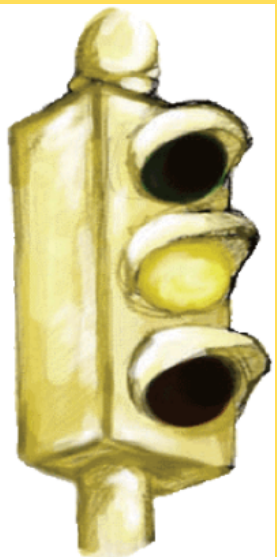
Tip: take your quick reliever **NOW** before these symptoms turn into an asthma attack!

Yellow Zone: Late

When the asthma attack starts, you may feel:

- cough
- wheeze
- tightness in the chest
- shortness of breath

Tip: Do Not Wait! Take your quick reliever medicine **NOW!**



Yellow means **SLOW DOWN!**

Red Zone

Red means **STOP!**



You may feel:

- that your reliever medicine is not working
- walking and talking is hard to do
- lips and fingernails turn pale or blue

Tips:

- Take quick reliever medicine (or take it again)
- Get help: urgent care or 911

