

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# Peak Flow Meter Zones

## Green Zone: Asthma is in good control.

### Symptoms:

Your child has no symptoms when resting. When your child is very active, there may be a mild cough, wheezing, chest tightness or shortness of breath.

### Action Plan:

- Avoid asthma triggers.
- Give green zone medicines every day.
- Your doctor may say to use a medication before heavy activity.
- If readings are always in the green zone or above, call your doctor. The doctor may change the zone numbers or change the amount of medicine your child should take.

## Yellow Zone: Caution zone. Asthma is not in good control.

### Symptoms:

When your child is resting, there may be cough, wheezing, chest tightness or shortness of breath. The symptoms may make it hard for your child to do regular activities. Your child may sneeze, have a runny nose, or other symptoms of a cold or virus.

### Action Plan:

- Avoid asthma triggers.
- Give yellow zone medicines every day.
- If your child needs albuterol or another bronchodilator more than every four hours, or if the symptoms don't get better after taking the medicine, call the doctor.
- If your child is stuck in the yellow zone for more than one day, call the doctor.

## **Red Zone: Danger zone. Asthma is poorly controlled.**

### **Symptoms:**

Watch your child closely. Your child may be short of breath, have a cough or wheeze that doesn't stop, and chest tightness. Your child may be too short of breath to talk, walk or play. Your child's skin may pull in between his or her ribs, or over the collarbone.

### **Action Plan:**

- Avoid asthma triggers.
- See your Asthma Action Plan for what to do when in the red zone.
- Call your child's doctor. The doctor may say the child needs a steroid burst.
- If your child is in the red zone, do not send your child to school.
- Watch out for danger signs. Danger signs may be:
  - blue or pale color around the lips
  - looks too tired to breathe
  - not able to talk
  - not able to walk
  - skin sinking in between the ribs, or over the collarbone
- If your child has any of these danger signs, call your child's doctor right away. Tell the person you speak to what danger signs your child has.
- **If the doctor does not call you within 15 minutes, get emergency medical help. Call 911 or take your child to the nearest emergency room.**
- If you need help to decide what to do, call your hospital's emergency room or 911, and they will help you.

### **Now that you've read this:**

- Tell your nurse or doctor how you would know if your child was in the yellow zone.  
(Check when done.)
- Tell your nurse or doctor what you would do if your child was in the yellow zone.  
(Check when done.)
- Tell your nurse or doctor how you would know if your child was in the red zone.  
(Check when done.)
- Tell your nurse or doctor what you would do if your child was in the red zone.  
(Check when done.)



If you have any questions or concerns,  
 call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-933-1400  
866-933-6459  
[www.phoenixchildrens.org](http://www.phoenixchildrens.org)  
[www.theemilycenter.org](http://www.theemilycenter.org)  
Facebook: [facebook.com/theemilycenter](https://www.facebook.com/theemilycenter)  
Twitter: @emilycenter  
Pinterest: [pinterest.com/emilycenter](https://www.pinterest.com/emilycenter)

**Disclaimer**

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

#102 • Written by Annette Gong, MS, RN • Illustrated by Irene Takamizu