

## How is the Asthma Action Plan Organized?

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### The Asthma Action Plan is divided into three sections:

#### The GREEN ZONE means GO!

- In the Green Zone your child's breathing is normal, with very little or no coughing, wheezing, or tightness in the chest.
- In the Green Zone your child can continue playing, laughing, and doing whatever activities are appropriate.



Asthma Action Plan Cartoon

#### The YELLOW ZONE means CAUTION!

- In the Yellow Zone your child may start having more frequent or severe asthma symptoms.
- In the Yellow Zone your child will need more asthma medicine than that in the Green Zone.
- In the Yellow Zone your child should avoid activities and things that can worsen their asthma.

#### The RED ZONE means DANGER!

If your child is in the Red Zone, it's an emergency, but, you can get through this.

#### Remember to:

- Use the Asthma Action Plan
- Call the doctor
- **You are in control!**

[◀ How can the Asthma Action Plan help me take control of my child's asthma?](#)

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[Who should have a copy of my child's Asthma Action Plan? ▶](#)

#### Source URL:

<http://www.asthmabasics.org/handbook/be-prepared-make-a-plan/how-is-the-asthma-action-plan-organized>