

Peak Flow Monitoring

Green Zone → → → → → → → →

- No (rare) cough or wheeze
- Tolerating activity easily
and / or

Peak flow above: _____

Indicates that student's asthma is under good control.

This is where he/she should be every day.

Treatment Plan

1. Daily school meds: _____

2. Use before exercise/physical activity: _____

3. _____

Yellow Zone → → → → → → → →

- Worsening symptoms noted (see above)
- More short of breath with activity
- Need reliever inhaler more often than usual
– or –

Peak flow between _____ and _____.

Indicates a warning that student's asthma may flare unless additional measures are taken.

Treatment Plan

1. **Reliever inhaler:** _____
May repeat ___ puffs if response not adequate in 20 minutes.
2. Other: _____
3. Recheck peak flow 10 minutes after treatment.
May return to class if symptoms or peak flow improve.
Vigorous activity should be avoided.
4. Call parent to inform of situation.
5. If student is not improving or getting worse, follow Red Zone plan.

Red Zone → → → → → → → →

- Getting relief from inhaler
- More breathless despite increased medications
- Peak flows do not respond to reliever inhaler
– or –

Peak flow below _____

This is student's danger zone.

Take action immediately!

Treatment Plan

1. Urgent medications: _____

2. Call parent to information of situation. ***If response is poor, call parent to come right away.***
3. If symptoms continue to be severe or response poor:
 - a. Call 911 immediately
 - b. _____
 - c. _____