




When you are well	Use preventer medicine daily		
<ul style="list-style-type: none"> No cough No wheeze No breathlessness No chest tightness No night time asthma symptoms 	MEDICINE	HOW MUCH	HOW OFTEN
	1	___ puffs	___ times/day
	2.	___ puffs	___ times/day
	3.	___ tablet	___ times/day
<ul style="list-style-type: none"> Before exercise Occasional symptoms of asthma 	Reliever 	2 puffs	When necessary
CAUTION – When you.....	Take the following medicine for next 7--14 days. IF improved, go back to Green zone.		
<ul style="list-style-type: none"> Have night time asthma symptoms Have day time asthma symptoms more than two times a week Using reliever inhaler (Ventolin) more than two times a week Have limited activities or exercise 	MEDICINE	HOW MANY	HOW OFTEN
	1	___ puffs	___ times a day
	2.	___ puffs	___ times a day
	3.	___ tablet	___ times a day
	Reliever 	___ puffs ___ hourly x ___ days Not more than 12 puffs	
	If on Symbicort		DO NOT exceed 12 puffs a day for adults DO NOT exceed 6 puffs a day for children (controller + reliever)
1. Symbicort (controller)	___ puffs ___ times a day		
2. Symbicort (reliever)	Additional 1 puff when necessary. Not more than 6 puffs should be taken on any single occasion.		
<ul style="list-style-type: none"> If no improvement for 48 hours, add 			
If no Improvement	For Adults ONLY Tab Prednisolone	___ mg per day	___ days
	For Children - Do not start Prednisolone. Consult Dr first		
Danger – Get Help When...	See your doctor NOW! DO NOT WAIT		
<ul style="list-style-type: none"> There is difficulty breathing There is difficulty speaking There is wheezing or chest tightness There is no improvement after the medications in yellow zone 	MEDICINE	HOW MANY	HOW OFTEN
	1. Reliever 	4 puffs at 10– 20 minutes interval till you get to the nearest Doctor’s clinic or hospital	
	2. Take Prednisolone ___mg immediately (if not taken yet)		
Call 995 for an ambulance if needed			

Reinforced by: _____ Tel: _____ Date _____

Disclaimer: All information contained herein is intended for your general information only and is not a substitute for medical advice for treatment of asthma. If you have specific questions or medical care, consult your doctor.