



Asthma Control

| Control Zone | Characteristics |
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| RED | <ul style="list-style-type: none"> • Symptoms (e.g., wheezing, coughing, trouble breathing, shortness of breath, tickle in throat, chest tightness) daily • Frequent asthma episodes • Nighttime symptoms daily (or almost daily) • Peak flow less than 60 percent of personal best • Other: |
| YELLOW | <ul style="list-style-type: none"> • Symptoms (e.g., wheezing, coughing, trouble breathing, shortness of breath, tickle in throat, chest tightness) more than weekly but not daily • Nighttime symptoms weekly • Peak flow 60 percent to 80 percent of personal best • Other: |
| GREEN | <ul style="list-style-type: none"> • Symptoms (e.g., wheezing, coughing, trouble breathing, shortness of breath, tickle in throat, chest tightness) less than weekly • Brief asthma episodes (lasting less than ** minutes) • Nighttime symptoms less than three times a month • Peak flow above 80 percent of personal best • Other: |