		DEPENDENT SCHOOL DIST LTH SERVICES	RICT	
Name: DOB (mm/dd/yyyy): School:		ASTHMA MEDI You can use the co your asthma medic 1. GREEN means GO. 2. YELLOW means CA	lors of a traffic light to h ines: Use your everyday preven AUTION. Use guick-relief m	tive medicines
GREEN means GO!!!	USE	PREVENTION MEDICIN	ER! Use extra medicines ar	nd call your doctor NOW!
* Breathing is good		prevention medicines)	LJ LVERT DAT	
* No cough or wheeze * Can work and play	Medicine	How Much to Take	Therese	T-1 -1 -1
b Can work and play	Medicine	now Much to Take	Times to Take	Take at School?
	20 minutes before exer	rcise use this medicine:		
YELLOW means CAUTION!	!!! STA	RT TAKING QUICK RELI	EF MEDICINE	
3	1. KEEP TAKING GREEN			
(C)		MEDICINE TO KEEP AN ASTI		
Cough Wheeze	Medicine	How Much to	o Take Tim	nes to Take
	500 N			
47 一般	*If you DO NOT feel bet	tter in 20 to 60 minutes FOL	LOW THE RED ZONE	PLAN
Tight Chest Wake up at Night	IL 2 LIME LOIM 2 COM III	NUE FOR 12 TO 24 HOURS,	CALL YOUR DOCTOR	
PED moons DANCEDIII	As a few parts of the last of	The second secon		
RED means DANGER!!!		HELP FROM A DOCTOR I		
* Medicine is not helping	GO TO DOCTOR'S OFFI	ICE OR EMERGENCY ROOM!		O'AC LAND THE REAL PROPERTY.
* Medicine is not helping * Breathing is hard and fast * Nose opens wide to breathe	GO TO DOCTOR'S OFFI TAKE THESE MEDICINE			
* Medicine is not helping * Breathing is hard and fast	GO TO DOCTOR'S OFFI	ICE OR EMERGENCY ROOM!	TOR.	
* Medicine is not helping * Breathing is hard and fast * Nose opens wide to breathe	GO TO DOCTOR'S OFFI TAKE THESE MEDICINE	ICE OR EMERGENCY ROOM! S UNTIL YOU SEE THE DOC	TOR.	times, 20 min. apart
* Medicine is not helping * Breathing is hard and fast * Nose opens wide to breathe	GO TO DOCTOR'S OFFI TAKE THESE MEDICINE	ICE OR EMERGENCY ROOM! S UNTIL YOU SEE THE DOC	TOR.	times, 20 min. apart
* Medicine is not helping * Breathing is hard and fast * Nose opens wide to breathe * Can't talk well	GO TO DOCTOR'S OFFI TAKE THESE MEDICINE Medicine CALL 911	CE OR EMERGENCY ROOM! S UNTIL YOU SEE THE DOC How Much to Take (EMS) IF: Lips or fingernails You are struggling	TOR. e May repeat s are blue, or	88
* Medicine is not helping * Breathing is hard and fast * Nose opens wide to breathe * Can't talk well Physician recommendations for A	GO TO DOCTOR'S OFFI TAKE THESE MEDICINE Medicine CALL 911 Air Quality Alert Days: (Cl	CE OR EMERGENCY ROOM! S UNTIL YOU SEE THE DOC How Much to Tak (EMS) IF: Lips or fingernails You are struggling You do not feel of	May repeat Sare blue, or g to breathe, or r look better in 20-30	88
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