



GREEN – FEEL GOOD

YELLOW – SLOW DOWN

RED – STOP



No cough, wheeze or problems breathing

GREEN ZONE

Getting worse or starting to get a cold

YELLOW ZONE

FIRST Start Quick Reliever – Keep taking your **GREEN ZONE** medications

SECOND If your cough and wheeze gets better, continue Quick Reliever AND

Emergency: STOP and take action now

RED ZONE

Call your provider or the Children's Mercy nurse triage line at (816) 234-3188

Go to the Emergency Room or call 911 if:

- pulling in at the ribs or neck
- lips or fingernails are blue
- struggling to breathe
- concerned about your child's breathing