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Peak Flow for Kids

1. Adjective _____
2. Adjective _____

Peak Flow for Kids

Your doctor needs to know your peak flow so that they can put together your Asthma Action Plan. Your best number will be your green zone. If you blow into the peak flow meter and your number is less than your best and you're having trouble breathing, then that's your yellow zone. If it is a lot lower than your best and you're having trouble breathing, that's your red zone.

Think of it like a traffic light. What colors are in a traffic light? What does each color mean?

Green zone is your all clear. You want to be in green zone everyday because you can run and play and have fun, and you sleep normally. You can stay in green zone by taking your medicine like you're supposed to and by staying away from your asthma triggers.

Yellow zone is telling you to slow down. You might _____Adjective_____ or _____Adjective_____. Your chest might feel tight and you may have difficulty breathing. You might not be able to sleep very well at night either. When you're in yellow zone you should take your medicine then wait 15 minutes. After 15 minutes, you should measure your peak flow. If you're in green zone then you're okay. If you're still in yellow zone after using your inhaler, an adult will need to call your doctor.

If you're in red zone that means STOP!! When you're in red you'll have a lot of trouble breathing, talking, and walking. You will cough a lot, use your neck and stomach muscles to breathe, and your ribs may show when you breathe. You will take your quick relief inhaler then repeat your peak flow in 5 minutes. If you are back in yellow zone then it's time to slow down. If you're still in red zone, then an adult will need to take you to the emergency room right away!

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