

THE ASTHMA CONTROL MAP



Doing well

No cough, chest tightness, wheezing, or trouble breathing

You can do all of the things you want to do

When using a peak flow meter, your peak flow is 80% or more of your best peak flow



Getting worse

Some cough, chest tightness, wheezing, or trouble breathing

You wake up at night because of your asthma

You can't do some of the things you want to do

When using a peak flow meter, your peak flow is 50%-75% of your best peak flow



Medical Alert

You are struggling a lot to breathe

Your rescue medicines are not helping

You can't do any of the things you want to do

You were in the yellow zone for 24 hours and are not improving

When using a peak flow meter, your peak flow is <50% of your best peak flow



Adapted from the Centers for Disease Control and Prevention Asthma Action Plan and the National Institute of Health Asthma Action Plan. These can be found at <https://www.cdc.gov/asthma/actionplan.html> and <https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/asthma-action-plan>.



Adult Asthma Program