

Using Symptoms to Determine Zones



Green Zone by Symptoms:



- ✓ No Coughing
- ✓ No Wheezing
- ✓ No Chest Tightness
- ✓ Normal Breathing Rate at Rest:
 - 20-40 breaths per minute for an infant
 - 18-30 breaths per minute for a toddler
 - 16-25 breaths per minute for a school age child



Yellow Zone by Symptoms:



- ✓ Slight Cough
- ✓ Mild Wheeze
- ✓ Mild Chest Congestion
- ✓ Slight Chest Tightness
- ✓ Breathing rate at rest may be a little bit faster than normal



Red Zone by Symptoms:



- ✓ Persistent Cough
- ✓ Persistent Wheeze
- ✓ Waking at Night due to Cough or Wheeze
- ✓ Sucking in Skin between ribs or below chest
- ✓ Fast Breathing:
 - Over 50 breaths per minute for an infant
 - Over 40 breaths per minute for a toddler
 - Over 30 breaths per minute for a school age child.

GET MEDICAL CARE IMMEDIATELY IF:

- ✓ Very Fast or Hard Breathing
- ✓ Sucking in the Stomach or Ribs to Breathe
- ✓ Breathing so Hard You Can't Walk or Speak
- ✓ Lips or Fingers Turn Blue
- ✓ Best effort on Peak Flow is less than _____

