





## Red Zone: DANGER!

### Take action - get help

- I'm very short of breath.
- I can't do my usual activities.
- My quick-relief medicine does not help.
- My symptoms are the same or get worse after 24 hours in the Yellow Zone.

**Peak flow reading:** \_\_\_\_\_ to \_\_\_\_\_  
(<50% of personal best)



## What I should do

### Actions

#### TAKE RELIEVER

MEDICINE	Type medication or select from dropdown menu	PUFF/DOSE	TIMES/DAY

**REPEAT**

TIMES PER DAY

#### TAKE ORAL STEROID

MEDICINE		MG	TABLETS at once

#### CALL MY DOCTOR

If I cannot reach my doctor AND I'm still in the red zone after 15 minutes, I need to go to the emergency department. Call **911** or

#### OTHER NUMBERS I MIGHT CALL

  


### EMERGENCY

#### Symptoms

- I'm having trouble walking and talking due to shortness of breath.
- My lips or fingertips are blue.

#### Actions

- Call 911 for an ambulance.
- Use my reliever as much as I need to on the way to the hospital.

For BC Health Link Dial 8-1-1. You can talk to a nurse 24/7 and a pharmacist is available 5-9 pm daily.  
Translation interpreters available in 144 different languages.

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)