

## American Lung Association Tip Sheet: Peak Flow Meter Readings & Physical Activity Notes

<b>Color</b>	<b>Peak Flow Reading</b>	<b>Physical Activity Notes</b>
Green	80-100%	Full participation
Yellow	50-80%	<ul style="list-style-type: none"> <li>• student should take rescue inhaler as prescribed</li> <li>• modified participation</li> <li>• inquire about pre-medication</li> <li>• increase warm-up and cool-down periods, etc., per student's Asthma Action Plan</li> </ul>
Red	less than 50%	<p>Medical Alert:</p> <ul style="list-style-type: none"> <li>• student should take rescue inhaler as prescribed</li> <li>• may require emergency protocol</li> <li>• check student's Asthma Action Plan</li> <li>• no physical activity</li> <li>• if student improves after taking medication as prescribed, include student in activities such as time- or scorekeeper</li> </ul>