

Having an asthma emergency?

Are you experiencing:



Yes

Do you still have symptoms after using your inhaler or nebulizer?

Yes,
no change

Yes,
but feeling better

No,
symptoms gone

Call your doctor or schedule a virtual visit with Teladoc, if offered by your health plan.

Do you have a peak-flow meter or pulse oximeter?

Yes

No



Is your meter reading in the **RED ZONE*** and/or pulse oximetry less than 92%?*

Keep using your medications as prescribed AND

1. Call your doctor immediately OR
2. Visit your nearest Urgent Care Center


Call 911 or visit your nearest ER

Yes

No

Florida Blue 
Your local Blue Cross Blue Shield

*Many factors can affect readings, like nail polish, skin color, or user error. These numbers are a guide and may not apply to every person and situation. When in doubt, trust your symptoms. If your symptoms are not getting better, call 911 or go to the ER.

All decisions that require or pertain to independent professional medical/clinical judgement or training, or the need for medical services, are solely your responsibility and the responsibility of your physicians and other health care providers. The information mentioned above is to help guide you to the appropriate care. If this is an emergency, call 911 or go to your nearest ER. Health insurance is offered by Florida Blue. HMO coverage is offered by Florida Blue HMO. These companies are Independent Licensees of the Blue Cross and Blue Shield Association. Florida Blue and Florida Blue HMO do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation, or health status. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773). ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770). 113858 0423