

Simplified Asthma Action Plan for Seniors

Patient's Name: [Patient's Name]

Doctor's Name: [Doctor's Name]

Emergency Contact: [Emergency Contact Information]

1. Green Zone: Good Control

No coughing or wheezing

Can do all activities

Take medications as prescribed:

- Inhaled corticosteroid: [Medication Dosage]
- Further medications: [Optional]

2. Yellow Zone: Caution

Coughing, wheezing, or shortness of breath

Use quick-relief inhaler:

- Albuterol: [Dosage]

Contact your doctor if symptoms do not improve in 24 hours.

3. Red Zone: Medical Alert

Severe breathlessness, inability to speak

Use quick-relief inhaler immediately:

- Albuterol: [Dosage]

Call emergency services or go to the nearest hospital.

Important Notes:

Avoid asthma triggers such as smoke, dust, or strong odors.

Keep a list of your medications at hand.

Schedule regular check-ups with your healthcare provider.

Signature: _____

Date: _____