

CHILD ASTHMA MANAGEMENT PLAN

(To be completed by parent/guardian)

Place
Child's Photo
Here

CHILD _____ AGE _____

EMERGENCY CONTACT

Name _____ Relationship _____

Phone _____ Other Phone _____

KNOWN ASTHMA TRIGGERS

- Colds/flu Physical activity Hot or cold weather Strong smells Pets Pollen Allergies (specify): _____
 Anaphylaxis (specify allergy): _____ Other (specify): _____

MEDICINES

RELIEVER INHALER (FAST-ACTING, USUALLY BLUE):

Use reliever inhaler _____ in the dose of _____ Spacer provided? Yes No
(name of medicine) (number of puffs)

Reliever inhaler is used to: Relieve symptoms being experienced (see "MANAGING ASTHMA ATTACKS" below)

Other (please explain): _____

Location of reliever: Child carries own inhaler Other (specify location): _____

Child self-administers? Yes No, needs assistance/supervision taking inhaler

CONTROLLER MEDICINE (SLOW-ACTING, NOT FOR ASTHMA EMERGENCIES):

At _____ use controller _____ in the dose of _____
(time of day) (name of medicine) (number of puffs/doses or nebulizer dose)

Medicine delivered by: Inhaler plus spacer (rinse mouth after use) Nebulizer (rinse mouth after use) Pill Syrup

Location of controller: Stored in (specify location): _____

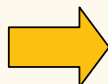
MANAGING ASTHMA ATTACKS

MILD ASTHMA ATTACK

If **ANY** of the following occur:

- Continuous coughing
- Trouble breathing
- Chest tightness
- Wheezing (whistling sound in chest)

Child may also be restless and/or irritable.



Step 1: **Immediately** use fast-acting reliever inhaler (usually a blue inhaler).

Step 2: Check symptoms. Only return to normal activity when all symptoms are gone.

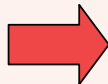
If symptoms get worse or do not improve within 10-15 minutes, this is an **emergency** - follow steps 1 and 2 below.

ASTHMA EMERGENCY

If **ANY** of the following occur:

- Breathing is difficult and fast
- Cannot speak in full sentences
- Lips or nail beds are blue or gray
- Skin on neck or chest sucked in with each breath

Child may also be anxious, restless and/or very tired.



Step 1: **Immediately** use fast-acting reliever inhaler (usually a blue inhaler).

CALL 911 for an ambulance. If possible, stay with person.

Step 2: If symptoms continue, use reliever inhaler every 5-15 minutes until medical help arrives.

While waiting for medical help to arrive:

- ✓ Have child sit up with arms resting on a table (do not have child lie down unless it is a life threatening allergic event)
- ✓ Stay calm, reassure the child and stay by his/her side
- ✓ Notify parent/guardian or emergency contact

Lung Health Information Line: 1-888-344-5864