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What is asthma?

Asthma is a breathing problem. Your child may have a lot of attacks with wheezing (a high-pitched sound) and coughing. Your child's chest may feel tight. Asthma attacks can be triggered by exercise, cold viruses, cold air, strong emotions, and smoke or other irritants in the air. Attacks can also be caused by allergens such as pollens or animal dander.

How can I take care of my child?

- Make sure your child uses the asthma medicine: Your child may need more than one type of medicine: one to prevent attacks (controller medicine) and another to help stop an attack once it has started (quick-relief medicine).
- Preventive Medicine:
 - Your child's controller medicine is _____.
- Quick-relief Medicine:
 - Your child's quick relief medicine is _____. Give ____ puffs every ____ hours for ____ days OR give one nebulizer treatment every ____ hours for ____ days.
- Use a valved holding chamber, or spacer. Metered dose inhalers (MDIs) should always be used with a spacer. This attaches to the inhaler and helps your child get all the medicine to his or her lungs. Use a mask if your child has trouble with the mouthpiece. Make sure you have a mask that fits.
- Oral steroids.
 - Your child's oral medicine is _____. Give _____ every morning for ____ days.
- Don't wait to start treatment. Start the inhaler or medicine when your child first coughs or wheezes.
- Have your child use an inhaler before exercise. Your child may also cough or wheeze during exercise. Use a quick-relief medicine 10 minutes before your child plans to exercise.

How can I help prevent asthma attacks?

- Make sure your child stays away from triggers like feather pillows, tobacco smoke, and pets.
- Learn how to dust-proof your child's bedroom.
- Have your child take a bath or shower. This can help if your child wheezes after being around grass, pollen, weeds, or animals.

Call your child's healthcare provider right away if:



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- Your child has a hard time breathing or the wheezing is severe.
- Difficulty completing a sentence
- The wheezing does not get better after the second dose of quick-relief asthma medicine.

Call your child's healthcare provider within 24 hours if:

- The wheezing is not completely gone in 5 days.
- Your child needs to use the quick-relief inhaler every 4 hours for more than 1 day.
- You have other questions or concerns



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