

Your Child's Asthma

Does your child's asthma wake them up at night?

Does your child's asthma cause them to miss school?

Has your child's asthma caused ER visits or overnight hospital stays??

If you answer **YES** to any of these questions; here are tips to use to help improve your child's symptoms.

And even if you answer **NO** to these questions these tips are helpful!

Pediatric Asthma Task Force of Delaware County

To be a forum for community efforts in pediatric asthma control that improves clinical care, child/family self-management and quality of life.

Receive free asthma information and handouts about ways to handle common triggers. Call the PATF (610) 447-6328.



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EIGHT TIPS TO HELP YOUR CHILD'S ASTHMA



Pediatric Asthma Task Force of Delaware County (PATF)

Know Asthma Warning Signs

Many children have warning signs that an asthma flare is coming. Signs may happen slowly over hours or days. Notice these early signs and follow your doctor's advice on what to do to prevent a full blown attack.

Some possible early signs are:

- Scratchy throat
- Stomach hurts
- Nose runs
- Eyes are watery
- Feel tired
- Feel dizzy
- Chest feels tight
- Loss of appetite
- Start to wheeze a little
- Start to cough (may be very similar to a cold)



Be Trigger Busters!



A trigger is anything that causes your child's airways to react, causing symptoms. Common triggers are dust mites, cigarette smoke, furry and feathered pets, pollen/fresh cut grass, mold, strong smell, weather changes, running/playing hard, head colds, and air pollution. Remove triggers or reduce your child's contact with them.

Let the School Nurse know your child has asthma

Your child is in school (or daycare) a large portion of the day. Keep the school nurse or day care staff informed about major asthma related events like ER visits.

Follow an Asthma Action Plan

An Asthma Action Plan is a tool that you make with your doctor, that helps manage your child's asthma. The Plan spells out when to call the doctor or go to the hospital. **Everyone who cares for your child needs a copy, especially your child's school or daycare.**

Take medicines as prescribed!

There are two kinds of medicine for asthma: **Quick Relief** (maybe referred to as **Rescue**) and **Control** (may be referred to as **Preventive**). **Quick Relief** medicine is taken to stop a flare by relaxing the muscles around the airway. **Control** medicine reduces the swelling in your child's airways. Keeping swelling down even before the child has any obvious symptoms can help to prevent frequent flares.

Use a Spacer WITH an Inhaler

If your child uses an inhaler, he/she should always use a spacer. A spacer helps to get the right dosage into the airways. Have your child review how to use the inhaler with their spacer at every doctor's visit.



Make sure your child has access to Quick Relief medicine.

You may have the doctor prescribe two Quick Relief inhalers, one for home and one for school. Know about the Pennsylvania Inhaler Law which allows school-aged children to carry their inhalers.

Use the 'Rules of Two' to determine if your child is using their Quick Relief medicine too much!

- Has your child been on Prednisone two or more times this past year?
- Does your child take their Quick Relief medicine more than two times a week to stop symptoms?
- Does your child wake up at night with symptoms more than two times a month?
- Does your child need to have a refill of Quick Relief or Rescue medicine more than two times a year?

If the answer is YES to any of these questions discuss this with the doctor as your child is having too many flares and your child's Asthma Action Plan may need to be changed.

