

Know Your Child's Asthma Signs

Early Warning Signs

- Coughs
- Breaths through mouth
- “Tight” chest or trouble exhaling
- Runny nose/flared nostrils
- Neck feels “funny” or “itchy”
- Clears throat frequently
- Restless sleep -tired in the day
- More out of breath than usual
- Fast or shallow breathing even when not active



During an Asthma Episode

Stop your child's activities, help him/her into an upright position

Follow your child's Asthma Action Plan

Help your child use inhaled medicine
1 spray, wait one minute, 1 spray

Get emergency help if your child fails to improve after 5-10 minutes and you have repeated rescue inhaler:
1 spray, wait one minute, 1 spray

CALL 911 IMMEDIATELY:
If your child is struggling to breathe, talk, stay awake, or has blue lips