

Your child is Having an Asthma Episode

What are the signs?



MILD

- Coughing (a constant cough may be the only warning sign and should be treated)
- Breathing is difficult and fast
- Complaining of chest tightness (child will describe this symptom in all sorts of ways)
- Wheezing (a high pitched musical sound when breathing)
- Restlessness
- Irritability
- Tiredness

What to do

- 1 Administer the reliever inhaler immediately**
(the inhaler is usually blue in colour and opens the narrowed airway passages quickly)
If there is no improvement in 5-10 minutes...THIS IS AN EMERGENCY →→
- 2 Stay calm! Remain with and reassure the child**
Asthma episodes are frightening....listen to what the child is saying
- 3 Tell the child to breathe slowly and deeply**
Usually it is easier to sit-up and lean slightly forward. Lying on their back is not recommended! Do not have child breathe into a paper bag.



SEVERE

Any of the following may be observed

- Unable to catch their breath
- Breathing is difficult and fast (>25 inspirations/min)
- Ribs show during breathing (the skin between the neck and ribs is sucked in with each breath)
- Not improving after taking reliever inhaler within 5-10 minutes
- Can only say 3-5 words before needing to take another breath
- Lips or nail beds blue or grey
- Any doubts about the child's condition

What to do



- 1 Call 911**
This is an emergency!
- 2 Give reliever inhaler immediately & continue to give the reliever inhaler every few minutes until help arrives**
- 3 Stay calm! Remain with and reassure the child**
- 4 Tell the child to breathe slowly and deeply**

If your child has asthma please inform the school.

For more information visit www.asthmainschools.com

or call the Lung Association's Asthma Action Helpline 1-800-668-7682.