

# How Do I Manage My Child Having an Asthma

What are you seeing?

## Mild/Moderate Symptoms

- Cough
- Wheeze
- Shortness of breath
- Chest tightness/pain
- Sore tummy
- Not as active/quiet

## Severe/life threatening Symptoms

- Rapid breathing rate
- Heaving upper body
- Inability to talk in full sentences
- Colour change in skin or lips
- Distress/confusion

### Actions

- Be calm and reassuring
- Encourage child to sit down and loosen clothing if needed
- Administer 4-6 puffs reliever (blue) inhaler through a spacer. Shake before each puff, 1 puff at a time, every 30 seconds, take 5 breaths for each puff.
- Encourage a normal breathing rate if the child is able.

### Actions

- Ask a friend/relative to DIAL 999 (ambulance)
- Be calm, confident, reassuring
- Administer 1 puff reliever (blue) inhaler every 30 secs through a spacer
- Shake before each puff, 1 puff at a time, 10 breaths for each puff
- Follow actions above until the ambulance arrives

Is the child responding?

No

Yes

### Actions

- Allow to sit for 15-20 mins observed by an adult
- Allow to return to normal activities
- If symptoms return after 4 hours, repeat and see your doctor