

Symptom management after a pre-school wheeze episode

If your child is on a preventer inhaler, give it as prescribed

Your child is getting better. They may still have a wheeze, but they are:

- Breathing normally
- Happy
- Active
- Their symptoms are not getting worse or changing

Look out for symptoms that show that your child may need their inhaler

- A persistent cough
- Short of breath
- Working harder to breathe
- An increasing wheeze
- Less active or quiet

If your child has symptoms, give 2 puffs of the blue inhaler via a spacer.

If 2 puffs do not relieve their symptoms after 5-10 minutes, give another 2 puffs of the blue inhaler via a spacer, one at a time.

If 2 puffs still do not relieve their symptoms after 5-10 minutes, give another 2 puffs. They have now had a total of 6 puffs.

Your child should now be feeling better, and this should last at least 4 hours.

Your child should be back to normal after around 2-3 days

WHAT IF MY CHILD IS NOT GETTING BETTER?

If your child:

- still has symptoms after 6 puffs of the blue inhaler OR
- needs their blue inhaler more than every 4 hours

they are not getting better, and you need to take action now.

1. Give up to 10 puffs of the blue inhaler via spacer, 1 puff at a time.

AND

2. Arrange an urgent review with their doctor today, or go to the emergency department if this is not possible.

If your child is continuing to need 10 puffs of the blue inhaler every 4 hours, you should get a more urgent review (within the next few hours)

If your child is having difficulty breathing not relieved by 10 puffs of salbutamol

You should call 999

AND

whilst waiting for the ambulance, use the spacer to give 1 puff of their blue inhaler every 30 seconds, taking 5 breaths for every puff given

Your child should always have access to:

- A wheeze plan for future episodes and
- If they have been prescribed a preventer inhaler, ensure they are reviewed at the GP within 6 weeks