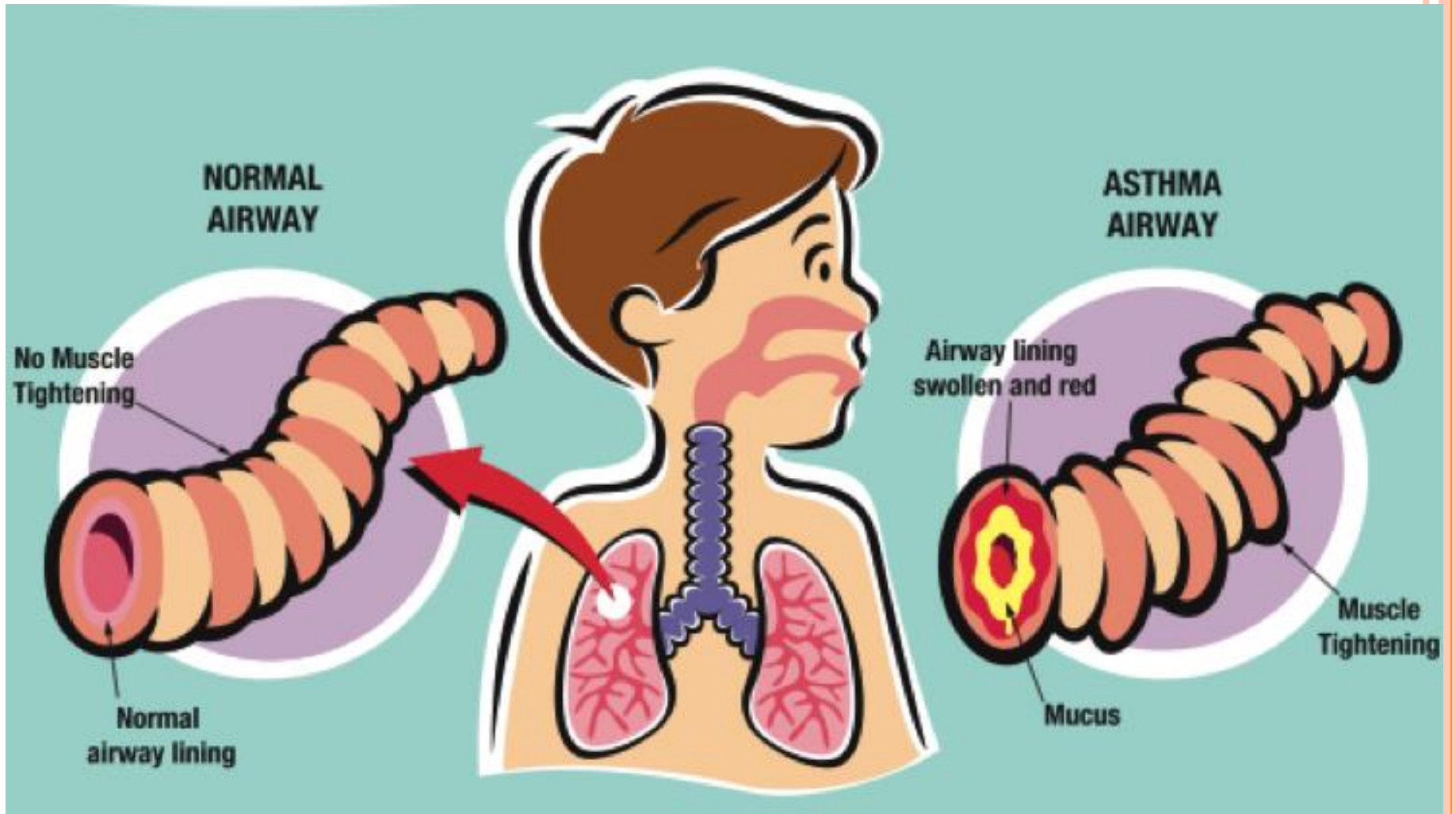


WHAT IS ASTHMA?

- **Asthma is a health problem that makes it hard to breathe. This happens because airways in the lungs swell up, fill with mucus, and get smaller.**
- **Some people say having asthma feels like breathing through a straw.**
- **No one really knows what causes asthma**



TREATING ASTHMA

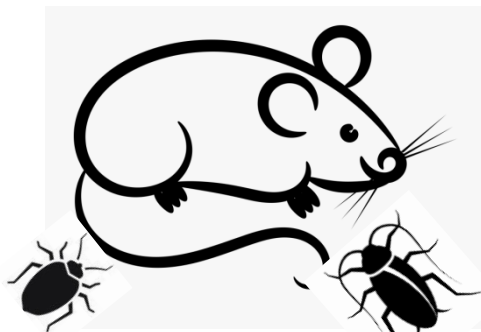
- Diagnosed by a doctor – A doctor can tell you based on the symptoms, and a breathing test if you have asthma
- Once diagnosed possible triggers should be avoided
- Asthma can not be cured but can be controlled.
- There are some cases a child can outgrow asthma
- Medications should be taken as prescribed by the doctor

TRIGGERS → ARE THINGS THAT CAN CAUSE AN ASTHMA FLARE-UP

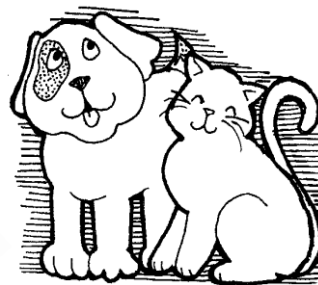
CAN INCLUDE ANY OR ALL OF THE FOLLOWING:



Secondhand smoke



Rodents, bed bugs & cockroaches



Pet Dander



Perfumes and colognes



Mold and Fungus



Dust and stuffed animals



Allergies and Infections



Exercising



Weather Changes and pollen



WAYS TO HELP CONTROL TRIGGERS:

- **Avoid smoking around an asthmatic. If you need to smoke, you can step outside wear a coat over your clothes and hang it outside, make sure you wash your hands after**
 - **To avoid rodents and cockroaches don't leave open or exposed food, store garbage in outside container, and use traps or poison baits instead of chemicals.**
 - **Dust mites can be avoided by using hypoallergenic covers on pillows and mattresses, wash bedding in hot water weekly, minimize stuffed animals in the child's room**
 - **Pets should be kept out of the child's room and off the beds and furniture, take allergy medications, and wash pet weekly to decrease dander**
- Monitor weather and listen for daily pollen levels, minimize exposure on high count days, keep windows closed, and wash hair and bathe daily**
- **Visible mold should be cleaned with a stiff brush hot water and soap, try to reduce indoor humidity to less than 50%, no humidifiers, and throw away anything moldy**

SIGNS AND SYMPTOMS OF AN ASTHMA ATTACK

- Coughing – during play, at night or in the early morning, during crying, could also be long-lasting
- Wheezing or whistling when breathing out
- Fast breathing
- Tired and weak
- Chest pain or tightness (can also be confused for a stomach ache)

DIFFERENCES IN MEDICATIONS

Rescue Medications

- **Bronchodilator- opens up the airways for fast acting relief of asthma symptoms; for example albuterol**
- **In an asthma episode rescue medication is delivered first**

Controller Medications

- **Maintenance medication given daily to help prevent frequent asthma flare ups**
- **Inhaled corticosteroids are the most common controller medications; for example pulmicort, flovent, & advair**



ASTHMA ACTION PLAN

Green Zone –

- 80-100% of personal best
- Normal breathing, NO cough, NO wheeze, NO fast breathing; no signs of asthma
- Continue medications as ordered by the doctor

Yellow Zone –

- 50-79% of personal best
- Some signs of asthma symptoms: cough, wheezing, fast breathing, breathing abnormally, coughing during sleep, and not able to talk in complete sentences
- Call the doctor and make an appointment to get checked

Red Zone –

- Less than 50% of personal best
- Rescue medications are not helping, if you can see their ribs when they breathe, can't talk at all, lips or fingernails turning blue, can't catch their breath, and breathing fast
- Seek IMMEDIATE medical attention; stop all activities to conserve energy