

# Every Child's Asthma Can Be Controlled!

## Medication

**Make sure your child uses their medication the right way!**

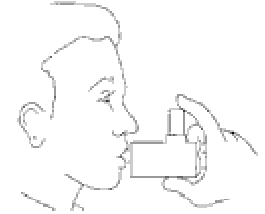
- **Make sure your child takes their medicine as directed by their doctor, even if they are feeling fine.** The medicines your doctor prescribes can control asthma but they can't cure it for good. Don't let asthma sneak up on your child!
- **Use your medicine the right way so that it can work best:**
  1. *Shake your inhaler.*
  2. *Breathe out all the way.*
  3. *Hold your inhaler about 2 inches away from your mouth.*
  4. *Begin to breathe in slowly and deeply and press down on the inhaler.*
  5. *Hold your breath 10 seconds.*
- **Keep track of how much medicine is left so your child has a full inhaler when they need it.**



## Tools That Can Help

**The right tools can keep your child healthy.**

- **A spacer is the best way to give your child asthma medicine.** Using a spacer with an inhaler delivers more medicine to your child's lungs where it can do the most good. To use a spacer:
  1. *Shake your inhaler.*
  2. *Put the inhaler into the end of the spacer.*
  3. *Breathe out normally.*
  4. *Push down on the inhaler and breathe in slowly and deeply until the medicine is gone.*
  5. *Hold your breath 10 seconds.*
- **A peak flow meter can help you stop your child's asthma symptoms before they start.** A peak flow meter tells you how fast air is moving out of your child's lungs. With it you can tell when your child's asthma is getting worse before your child is sick. Ask your doctor for more information on using one.



## When To Get Help

- **Regular checkups are the key to keeping your child well.** Talk to your doctor about how often you should bring your child in for a visit. Sometimes your doctor will want to see your child even when they are well. Your child's asthma can change over time. Bring your child in even if they are feeling fine to make sure they have the right medicine for their asthma.
- **Call your doctor if:**
  1. *Your child's quick relief medicine doesn't seem to be working.*
  2. *Your child is using more quick relief medicine than usual.*
- **Call your doctor or get medical help IMMEDIATELY if:**
  1. *Your child is breathing very quickly, hunched over, or wheezing severely.*
  2. *Your child's nostrils open wider with each breath.*
  3. *Your child's lips or fingernails are blue.*
  4. *Your child has a hard time walking, talking or eating.*
  5. *The skin between your child's ribs is pulled tight.*



## Environment

**These can make your child's asthma worse!**



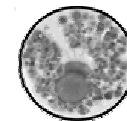
Dust mites



Animals



Cigarettes



Mold



Cockroaches

- **Dust mites** – Use mattress/pillow covers. Vacuum and change bedding often. Don't sleep with stuffed animals.
  - **Animals** – Keep pets out of the bedroom and wash them often.
  - **Cigarettes** – Quit smoking or do not smoke in the house or car!
  - **Mold** – Remove sources like plants, carpets, humidifiers, or aquariums, especially from bedrooms. Clean up mold quickly.
  - **Cockroaches** – Use baits (not sprays) for control. Seal off food in cupboards and garbage from roaches. Wash dishes often.
- HEPA air filters may help with all of these, especially in the bedroom.