

## How do I manage my child's asthma after they go to the Emergency Department or Hospital?



Going to the hospital for your child's asthma can be scary.

When you go home, there are important things you can do to help them feel better quickly.

Remember, you are not in this alone. Your health care team can help you get control of your child's asthma again.

### Who should I contact if I have questions about my child's recent visit?

The hospital or emergency department phone number should be on the discharge papers or after visit summary. Make sure your phone number is up-to-date with your child's health care provider and the hospital where your child was seen. They may call you to check up on your child.

Let your child's primary health care provider know that your child was seen for an asthma attack.

### What should I do after my child has been to the hospital for asthma?



#### **Make sure your child takes all the medicine they were prescribed at the hospital.**

- The hospital may ask your child to use their rescue inhaler for several days after the hospital visit.
- Make sure your child uses it at the times the health care provider said.
- Your child may also get steroids to take. Follow the orders to finish **all of the medicine**.



#### **Schedule an appointment with your child's asthma health care provider.**

- Your child needs to see their asthma health care provider within 30 days of the hospital or emergency department visit. This will keep them from having another asthma attack.
- Your child's health care provider will want to know how often they took their controller medicine in the 4 weeks before they went to the hospital.
- Before the visit, write down your child's symptoms and how they were breathing after visiting the hospital.



#### **Help your child use their inhaler the right way.**

- This will lower their risk of having to go to the hospital again.
- Watch them use it often.
- Always make sure they use a spacer device when using their inhaler.