

## How Do I Manage My Child's Asthma at Home?

You, your child, and your child's health care provider all have to work together to manage your child's asthma. If you do, your child's asthma **can be** controlled. This guide will help you and your child manage asthma at home.



- **Give your child their controller medicine every day**

- You should give them the medicine even if they do not have any symptoms.
- If you forget which medicine is the controller, **call your child's health care provider.**
- To help you remember, you can:
  - Set reminders on your phone.
  - Keep medicines in the same place all the time.



- **Make a plan to refill your child's asthma medicines**

- Ask your pharmacy if they have an auto-refill program that will send you a reminder.
- Ask your pharmacy if they can deliver medicines to your home.
- If you are having problems getting your child's asthma medicine refilled, call your child's health care provider. **Do not wait until your child runs out of medicine!**



- **Know your child's asthma triggers and avoid them when you can**

- Viruses, pollen, pet dander, mold, and tobacco smoke are all common triggers.
- Many of the triggers can be reduced – ask your child's health care provider how.



- **Create a written asthma action plan with your child's health care provider**

- Keep it in a place where everyone in your home can see it.
- Give a copy of your action plan to your child's school or daycare. Make sure they have rescue medicine and a spacer too.



- **Teach your child to use their asthma inhaler the right way**

- Always use a spacer device.
- Ask your child's health care provider to watch them use their inhaler to make sure they are doing it right.
- Be their coach at home.



- **Keep all of your child's health care appointments**

- Schedule regular visits to your child's health care provider to keep their asthma under control.
- It is important to go to your child's health care visits, even if they are feeling good.



- **Keep the health care provider's phone number at your fingertips**

- Program the clinic number in your phone.
  - Write the number down and keep in your purse or wallet.
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