

## How do I manage my child's asthma during an attack?

There may be times when your child has an asthma attack.

The attack happens in your child's airways.

Airways are the paths that carry air to the lungs.

The quicker your child starts treatment, the sooner they will feel better. You may be able to avoid a trip to the hospital.

Remember, you are not in this alone. Call your child's doctor if they have an asthma attack or their asthma symptoms keep coming back.

## How do I manage my child's asthma attack or uncontrolled symptoms?

**At the first sign of an attack, give your child their rescue inhaler. Signs might be:**

- Cough
- Wheeze (A high pitched whistling or purring sound in the chest)
- Throat-clearing
- Tightness in the chest
- Shortness of breath
- Waking up at night with any of these symptoms



**Know when their rescue inhaler may not be enough. Rescue medicine may not be enough if:**

- You cannot tell a difference in symptoms after they have used the inhaler
- Their symptoms come back too soon (The medicine does not last 4 hours)
- They need the inhaler more than 4 times a day
- They are constantly coughing
- They wake up more than once a night with asthma symptoms



**Know when to call your child's doctor.**

- If you do not have an asthma action plan, rescue medicine, or a spacer.
- Do not ignore your gut feeling. If you think your child's symptoms are bad.
- If your child is having a hard time, do not **wait it out**. Symptoms of asthma can get worse.

**Know when it is an emergency. Call 911 right away, or go to the nearest emergency room.**

- These are the signs your child is having an asthma emergency:
  - They are gasping (breathing hard and fast).
  - Their ribs show when they breathe.
  - They suck in their neck or stomach when trying to breathe.
  - Their skin color changes (blue or extremely pale).
  - They have a hard time talking or walking.

