

# BREATHE EASY: 6 STEPS For Controlling Your Child's ASTHMA

6+ million  children under the age of 18 suffer from asthma nationally.

When asthma symptoms spike, kids are more likely to have an attack or land in the hospital. The good news is that asthma can be controlled. Keep your child healthy by following these steps:

## 1. Check in with the doc regularly

- ▶ Make sure medication is working
- ▶ Get a note if child will need meds at school
- ▶ Ask for rescue inhalers for home and school
- ▶ Create/review an asthma action plan

## 2. Take meds as directed

- ▶ Prevent asthma flare-ups! Take controller medicine regularly, even when symptoms are gone
- ▶ For inhalers, use a tube spacer to help the medicine reach the lungs
- ▶ Make sure your child has spacers for home and school

## 3. Alert school staff

- ▶ Share the asthma action plan
- ▶ Share your child's triggers and signs of an attack
- ▶ Provide medications and sign medical forms

## 4. Empower your child

- ▶ Teach your child how to manage his/her asthma, notice triggers and warning signs
- ▶ Use kid-friendly materials and asthma games to help your child feel confident when telling an adult about symptoms

## 5. Reduce triggers at home

- ▶ Wash bedding with hot water once a week
- ▶ Use an allergy-proof cover on mattress and pillows

## 6. Prevent the spread of germs

- ▶ Encourage good hand washing by the whole family
- ▶ Be sure everyone age 6 months and older gets a yearly flu shot

Have a plan for action so you and your child can BREATHE EASY!

For more information on asthma, visit [HealthyChildren.org](http://HealthyChildren.org) and [www.lung.org](http://www.lung.org)

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