

# IMPORTANT INFORMATION

## ABOUT ASTHMA

### What is asthma?

Asthma is ongoing (chronic) inflammation of the lungs. Inflammation makes the airways vulnerable to episodes of coughing, wheezing and difficulty in breathing. Common triggers for asthma can include smoking, aerosols and being around animals.

### Symptoms may include:

- Frequent coughing, intermittent or continuous, over several weeks
- If the coughing is worse at night and with change of weather or physical activity
- If the coughing is associated with wheeze or breathing difficulty

*Seek medical advice from your GP if your child has any of the above*

### Inhalers for Children with Asthma

If your GP or the hospital makes a diagnosis of Asthma, they may prescribe treatment which can include:

- Salbutamol (blue inhaler) to be taken at the time of attacks
- Steroid inhaler (brown) for prevention if your child is getting frequent attacks
- Short course of oral steroids for acute attacks



If you do not know how to give an inhaler to your child, please ask your GP. The inhaler is always given through a plastic container called a 'spacer' and never given directly into the child's mouth.

Smoking is a strong trigger for asthma attacks. Avoid smoking near your child, in the house and in the car and take care using aerosols near children with asthma.

### **Top tips for managing your child's asthma**

Your doctor can help you create a written action plan to do at home and share with other family members, friends, Early Years Staff, Teachers and child minders.

### **A thorough plan includes the following:**

- Your child's name and age
- GP and emergency contact information
- The type, dose and timing of long-term or preventer medications
- The type and dose of rescue medication
- A system for rating normal breathing, moderate symptoms and severe symptoms
- A list of common asthma triggers and tips for avoiding them
- A system for rating normal breathing, moderate symptoms and severe symptoms
- Instructions for what to do when symptoms occur and when to use rescue medication

Keep a record of your child's symptoms and treatment schedule to share with your child's doctor. These records can help your doctor determine if the long-term control treatment plan is effective and adjust the plan.

Keep appointments as recommend by your doctor to review records and adjust your action plan, as necessary.

**For more information visit [www.asthma.org.uk](http://www.asthma.org.uk)**