



ASTHMA AND YOUR CHILD

What is asthma?

Asthma is when the airways in the lungs are inflamed and sensitive. The airways are the tubes that carry air in and out of your lungs. Asthma doesn't go away even when you don't have symptoms. By working with your doctor asthma can be controlled.

What are symptoms of asthma?

- Coughing
- Tightness in the chest
- Wheezing (a high-pitched whistling sound)
- Difficulty breathing or shortness of breath
- Having trouble breathing during exercise

What are asthma triggers?

Things that cause asthma attacks or make asthma worse are called triggers. It's important to find out what the triggers are for your child so you can control them as much as possible. Here are some common asthma triggers.

Allergens - Things your child could be allergic to such as: dust mites-¹tiny bugs found in bedding, carpet, and furniture, ²animals with fur or hair, ³mold, ⁴pollen-the dust from plants and ⁵cockroaches.

Sinus and Lung infections - Viral or bacterial infections like the flu can cause sinus and lung infections.

Inhalants - Things your child can breathe in, such as: ¹cigarette and other types of smoke, ²air pollution, ³perfumes, ⁴cleaning products, and ⁵cold or dry air.

Exercise - Some kids may cough, wheeze, and get a tight feeling when they exercise.

What medicine is used to treat asthma?

The goal of treatment is to control symptoms so kids can participate in normal activities. This can be done by avoiding asthma triggers and using medicines. Since asthma is different in every child, your doctor will figure out what works best for your child. Some medicines are swallowed, and others are inhaled.

Quick-relief medicines are inhaled and help to immediately open up airways. They help relieve wheezing and shortness of breath. They can also be used before exercise to prevent attacks during exercise.

Controller medicines are used every day to control asthma and prevent symptoms. These medicines take time before they start working.

Have an Asthma Action Plan!

Have a plan you write with your child's doctor. Include a list of the medicines your child takes. Write down what to do if your child has an asthma attack. Share the plan with your child's babysitters, childcare workers, school and other family members.