



## 如何判断小孩有哮喘发作? HOW CAN I TELL IF MY CHILD IS HAVING AN ASTHMA ATTACK?

- \* 咳嗽比平常頻密  
they cough more
- \* 玩耍及跑走時呼吸有困難  
they have trouble breathing when they play and run .
- \* 患上了傷風感冒或流感(傷風感冒和流感都能引發哮喘病)  
they have a cold or the flu (a cold or the flu can cause an asthma attack)
- \* 較平常更易疲倦或嗜睡  
they are more sleepy or tired
- \* 飲食有困難  
they have trouble eating or drinking
- \* 呼吸較急促  
they breathe faster
- \* 呼吸時可能會發出哮喘音  
they might wheeze
- \* 可能會焦躁不安  
they may be restless
- \* 需要吸服 ventolin 的时间间隔已少於四小時  
they need ventolin more than every four hours

### 假如小孩哮喘病發作, 你該如何應付 WHAT SHOULD I DO WHEN AN ASTHMA ATTACK HAPPENS?

- \* 把小孩和所有已知的致病因素隔离开。  
已知能引發我孩子哮喘的致病因素有:  
remove your child from any known triggers.  
My child's triggers are:  

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- \* 保持冷靜, 並令小孩也鎮靜下來  
stay calm and help your child stay calm
- \* 小孩不須要躺下, 坐着他們可能會更舒服  
your child does not have to lie down. They may feel better sitting
- \* 讓小孩服用 ventolin (舒緩哮喘的藥)  
give ventolin (the relief medicine)
- \* 致電醫生. 電話號碼是:  
my doctor's phone number is:  

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- \* 假如小孩十五分鐘後呼吸還是困難, 讓他再次吸服 ventolin, 並送他到急症室  
if your child still has trouble breathing in 15 minutes, give ventolin again. Take him to Emergency