



HOW CAN I TELL IF MY CHILD IS HAVING AN ASTHMA ATTACK



HOW CAN I TELL IF MY CHILD IS HAVING AN ASTHMA ATTACK?

1. They cough more.
2. They have trouble breathing when they play and run.
3. They have a cold or the flu (a cold or the flu can cause an asthma attack).
4. They are more sleepy or tired.
5. They have trouble eating or drinking.
6. They have trouble talking.
7. They breathe faster.
8. They might wheeze.
9. They may be restless.
10. They need Ventolin (also called Salbutamol, usually a blue puffer) more than every 4 hours.

WHAT SHOULD I DO WHEN AN ASTHMA ATTACK HAPPENS?

1. Remove your child from any known triggers. My child's triggers are: _____
2. Stay calm and help your child stay calm.
3. Your child does not have to lie down. They may feel better sitting.
4. Give Ventolin (the relief medicine).
5. Phone your doctor. My doctor's phone number is: _____
6. If your child still has trouble breathing in 15 minutes, give Ventolin again. Take them to Emergency.

IT IS VERY IMPORTANT THAT YOU GET HELP EARLY BEFORE YOUR CHILD HAS A SEVERE ASTHMA ATTACK.

ADDITIONAL INFORMATION:

Developed by the Asthma Education Clinic with assistance from the Department of Learning & Development

BCCH1699 © 2016 BC Children's Hospital

Children's Asthma Program

4480 Oak Street, Vancouver, BC V6H 3V4
604-875-3042 • 1-888-300-3088

www.bcchildrens.ca/our-services/clinics/asthma