

# Know Your Child's Asthma Signs

## Early Warning Signs

- ✓ Coughs
- ✓ Breaths through mouth
- ✓ "Tight" chest or trouble exhaling
- ✓ Runny nose/flared nostrils
- ✓ Neck feels "funny" or "itchy"
- ✓ Clears throat frequently
- ✓ Restless sleep - tired in the day
- ✓ More out of breath than usual
- ✓ Fast or shallow breathing even when not active



## During an Asthma Episode

Stop your child's activities, help him/her into an upright position

Follow your child's Asthma Action Plan

Help your child use inhaled medicine:  
*1 spray, wait one minute, 1 spray*

Get emergency help if your child fails to improve after 5-10 minutes and you have repeated rescue inhaler:  
*1 spray, wait one minute, 1 spray*

**CALL 911 IMMEDIATELY:**

**If your child is struggling to breathe, talk, stay awake, or has blue lips**