



SUMMARY OF STEPS TO MANAGE ASTHMA EPISODES

- **Know your warning signs** and peak flow zones so you can begin treatment early.
- **Take the correct amount of medicine** at the times the doctor has stated. If the asthma control plan includes increased dosage or a second medicine to be used during episodes, take it as prescribed. **Always call your doctor if you need to take more medicine than the doctor ordered.**
- **Remove yourself or the child from the trigger** if you know what it is. Treatment does not work as well if the patient stays around the trigger.
- **Keep calm and relaxed.** Family members must stay calm and relaxed too.
- **Rest**
- **Observe yourself or the child** by noting changes in body signs such as wheezing, coughing, trouble breathing, and posture. If you have a peak flow meter, measure peak flow number 5 to 10 minutes after each treatment to see if peak flow is improving.
- **Review the list below for signs to seek emergency medical care for asthma.**

Your wheeze, cough, or shortness of breath gets worse, even after the medicine has been given and had time to work. Most inhaled bronchodilator medicines produce an effect within 5 to 10 minutes. Discuss the time your medicines take to work with your doctor.

Your peak flow number goes down, or does not improve after treatment with bronchodilators, or drops to 50 percent or less of personal best. Discuss this peak flow level with your doctor.

If your breathing gets difficult. Signs of this are:

- Your chest and neck are pulled or sucked in with each breath.
- You are hunching over.
- You are struggling to breathe.

You have trouble walking or talking.

You stop playing or working and cannot start again.

Your lips or fingernails are gray or blue. If this happens. **GO TO THE EMERGENCY ROOM NOW!!**

Keep your important information for seeking emergency care handy.

Call a family member, friend, or neighbor to help you, if needed.

Immediately call a clinic, doctor's office, or hospital for help, if needed.

Do Not Do the Following:

- **DO NOT** drink a lot of water. Just drink normal amounts.
- **DO NOT** breathe warm moist air from a shower.
- **DO NOT** re-breathe into a paper bag held over the nose.
- **DO NOT** use over-the-counter cold remedies without first calling the doctor.