



What you need to know about...

When to Call your Healthcare Provider

Even when a parent/caregiver closely follows a child's asthma treatment plan, they can still occasionally get sick. Other illnesses, such as the common cold or stomach flu, can be a trigger for a child with underlying asthma. It is important to know when to call your healthcare provider.

Be alert for:

- Fever over 100 degrees
- Increase in sputum
- Change in sputum color to yellow or green
- Poor appetite
- Dry diapers for 6-8 hours or decreased bathroom use
- Vomiting or diarrhea
- Restless or very tired

Early signs of worsening asthma:

- Increased use of reliever medicine
- Persistent cough, wheezing, shortness of breath or chest tightness not improved with reliever medicine
- Peak flow reading falls into yellow zone
- Waking up at night with asthma symptoms

Treatment:

Treatment will depend on the specific age and complaints of the child. Medicines to reduce fevers should be given and antibiotics may be ordered by your healthcare provider. Fluids need to be encouraged to prevent

dehydration and thin their sputum. If the child is unable to swallow any medicine or liquids, notify your healthcare provider immediately. In some cases, this requires a visit to the emergency room for intravenous fluids.

Asthma medications will be changed or new ones added to relieve symptoms. Continue to monitor for worsening symptoms.

It is important that you always follow-up with your healthcare provider to let them know your child's response to the treatment plan.

Prevention:

You can decrease the frequency of infections and other viral triggers causing asthma flare-ups by:

- Frequent hand washing
- Cover nose and mouth when coughing or sneezing
- Avoid sick children and adults
- Keep sick children home from school
- Update the asthma action plan at each visit to your healthcare provider
- Child and family members receive annual flu vaccine
- Child receives recommended immunizations for their age

