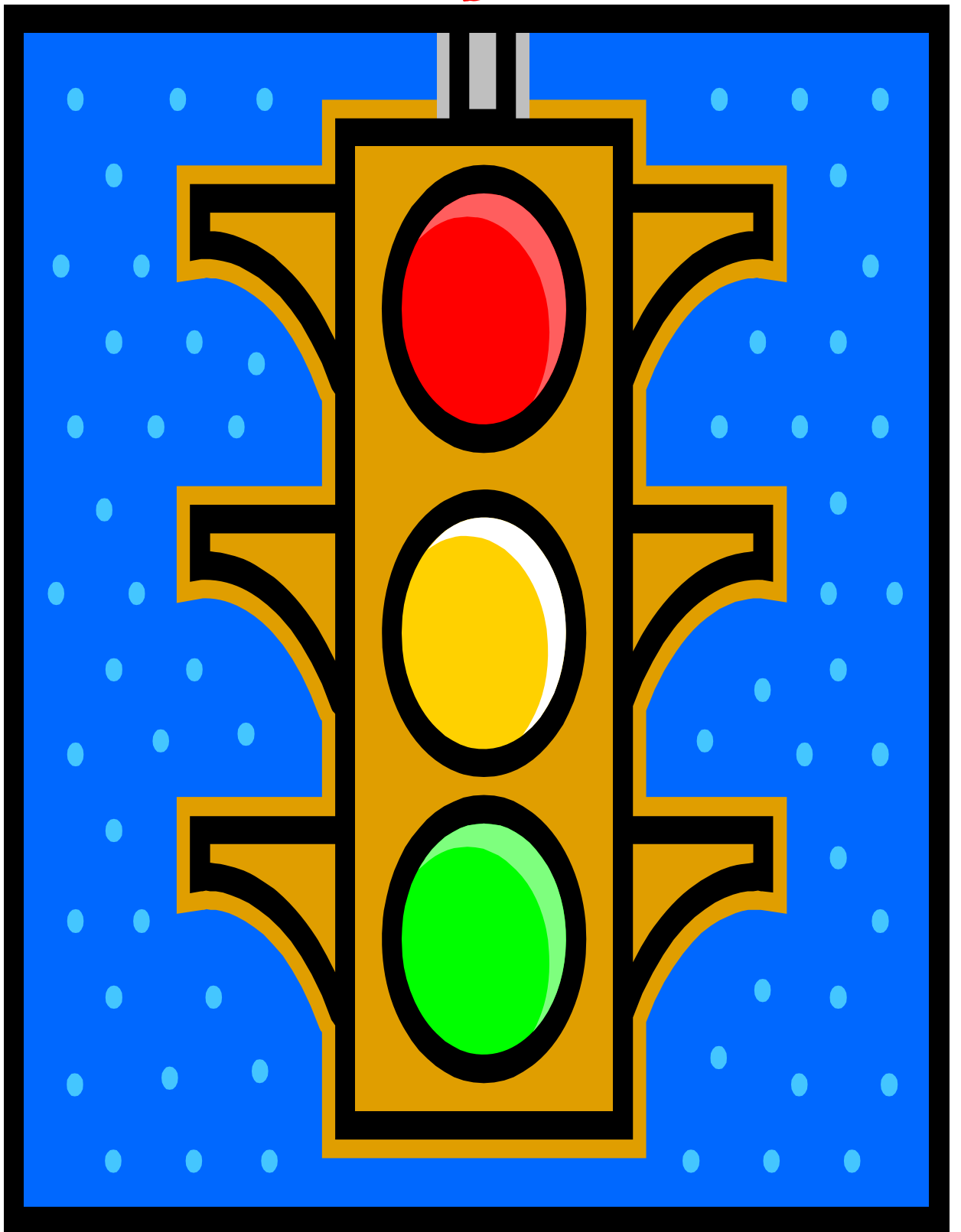
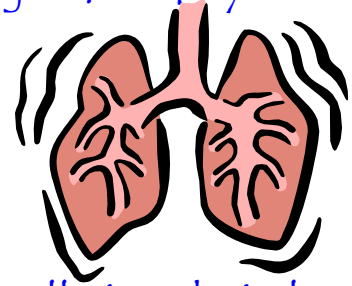


Home Management Plan



What is Asthma?

- Asthma is a chronic disease of the lungs caused by swelling and irritation in the lining of airways
- Tightness of the airway muscles
- Excess mucus in the airways
- Asthma is not contagious
- It is a chronic disease that can be controlled with daily medications
- Symptoms of asthma can be mild or severe and can occur occasionally or daily
- Asthma is sometimes seasonal, but it can occur all year



What causes Asthma?

- Inflammation of the airways-----due to allergy, viral respiratory infections, or airborne irritants
- Approximately 75-80% of children with asthma have allergies
- Asthma may have a genetic tendency (runs in families)



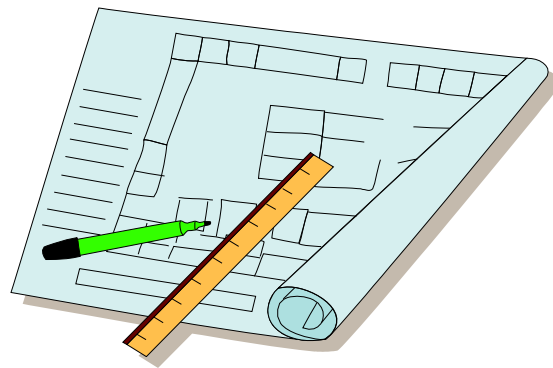
What are the symptoms of Asthma?

- Wheezing and/or coughing
- Frequent colds or respiratory infections (pneumonia, bronchitis)
- Frequent night coughing
- Coughing after running or crying
- Infants with rattling cough and rapid breathing



Controlling Asthma

- Controlling asthma means reducing the frequency and severity of symptoms so it doesn't interfere with your daily activities (school, play, sports, etc...)
- The first step is to have a plan made just for you by your health care team
- The next step is to identify your triggers (what makes your asthma worse) and then find a way to avoid your triggers
- The next step is to use medications to help you control your asthma



Know your “warning signs”

- Anxious or scared
- Coughing—especially at night
- Pale or sweaty
- Flared nostrils and fast breathing
- Vomiting
- Restless during sleep
- Ribs showing when breathing
- Hunched over posture (unable to stand up straight)

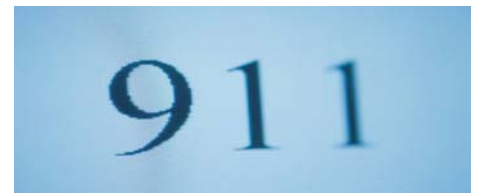


What to do...

- Don't panic, help your child relax
- If you know what triggered the symptoms, remove it or move your child to another area
- Administer your YELLOW ZONE “RESCUE” medications
- CALL YOUR PHYSICIAN IF YOUR CHILD DOES NOT IMPROVE OR GETS WORSE

CALL YOUR DOCTOR RIGHT AWAY OR SEEK MEDICAL ATTENTION (EMERGENCY ROOM—call 9-1-1) IF YOUR CHILD HAS ANY OF THESE SIGNS:

- Chest and neck are pulled or sucked in with breaths
- Trouble walking or talking, stops playing
- Struggling to breathe
- Lips or fingernails are gray or blue



Asthma Triggers---things to avoid

Never allow anyone to smoke in the car or house, use mattress & pillow covers, wash bedding weekly in hot water, avoid strong scented sprays, & clean when the child with asthma is not at home. Control cockroaches.



EXERCISE---Take your asthma rescue medicine for "vigorous" physical activity (as ordered by your doctor)



WEATHER---Watch the weather forecast and be prepared for weather changes that can trigger an asthma "attack"



ILLNESSES & INFECTIONS---Colds, flu, and ear infections can trigger an asthma "attack"



IRRITANTS---Cleaning products, paints, perfumes, candles and other strong odors



SMOKE---from tobacco, barbecue grills, cooking, fireplace, car exhaust



ALLERGENS---Mold, pets, dust, roaches, trees, grass, fans, mini-blinds, carpets, stuffed animals

More Information on Triggers and How to Avoid Them

Dust:

- Dust mites are everywhere! To control them, vacuum carpets, dust frequently and wash bed linens weekly in hot water.
- If it is difficult to keep up with the entire house, try to keep your child's sleep area vacuumed and dusted weekly.
- Don't vacuum or dust when your child is in the house as this can trigger asthma.
- Use dust covers on beds and pillows if possible to help keep dust mites from affecting your child.
- Stuffed animals and some toys collect dust mites and should be washed when possible and limited where your child's sleeps.

Cockroaches:

- Don't allow food in sleeping areas.
- Clean up spilled food or crumbs in the kitchen after meals.
- Keep garbage can covered with a lid and take it out to the dumpster daily.
- Use food storage bags or plastic containers to store pantry foods.
- Clean up spills and repair leaky faucets or pipes to prevent leaks under counters and sinks.
- Use boric acid or bait to control cockroaches, follow directions and keep out of reach of children.

Mold:

- Repair faucets and pipes that leak.
- Fungicide or diluted chlorine bleach and water (1 part bleach to 10 parts water) can be used to clean moldy areas.
- Remove moldy furniture or bedding from the home.
- Houseplants should be limited and not allowed where your child sleeps.
- Humidifiers can grow moldy; check them often and clean daily.

Allergies:

- If it is the season for pollen and mold spores in the air, keep windows in the house and car closed.
- If your child's asthma is worse during this season, talk with your doctor about changing medication doses at this time.
- Don't take over-the-counter medications without talking to your child's doctor first.

Smoke and strong odors or sprays:

- Children with asthma should not be around fireplaces, barbecue grills, and wood burning stoves or kerosene heaters.
- Don't allow anyone to smoke inside the house under any circumstances. If someone smokes outside, remember that the smoke odor will remain on his or her clothing and could trigger asthma.
- Don't smoke in the car, even if your child is not in the car with you because the odor could trigger asthma.
- Cleaning sprays, perfumes, air-fresheners have strong odors and may trigger your child's asthma. Don't use cleaning sprays or other spray bottles or cans in the home around your child.

Exercise:

- Exercise or vigorous physical activity may trigger your child's asthma even if it is well controlled.
- Your child may need medication before exercise. Talk to your doctor for instructions.
- Exercise is healthy and is encouraged for children. Sometimes activity may need to be modified to allow your child with asthma to participate safely. Your child's doctor can give you a note for the school or daycare if needed.

Types of Asthma Medicines

Your doctor may prescribe a metered dose inhaler (MDI), dry powder inhaler (DPI), aerosols, tablets, or liquids. Most people with asthma will need more than one kind of medicine. Always carry your RESCUE medicine with you!

Controller medicines:

- These medicines are taken EVERYDAY, even when you feel good (have no asthma symptoms).
- Controller medicines prevent asthma "attacks".
- Controller medicines are safe for use everyday and are not addictive.

Rescue medicines:

- These medicines will help you when you have an asthma "attack" (asthma symptoms).
- Rescue medicines open your airways quickly.
- If you use your rescue medicines and your symptoms do not get better, call your doctor or go to the emergency room.

Remember:

- If you cough, wheeze, or have a "tight" chest more than twice per week... CALL your doctor.
- If you wake up coughing or wheezing at night more than twice per month... CALL your doctor.
- If you have to use your RESCUE medicines everyday because of asthma symptoms... CALL your doctor.

ASTHMA MEDICINES

Rescue Medicines (quick acting bronchodilators)

Brand Name	Generic Name	Things to know	Side Effects
Proventil HFA (also available in pre-mixed vials for your nebulizer) Xopenex HFA (also available in pre-mixed vials for your nebulizer)	albuterol levalbuterol	<ul style="list-style-type: none"> OPENS airways by relaxing the muscles around the airways Should be used FIRST if other inhalers are taken at the same time WAIT one minute between puffs so the first puff can start working These medicines should begin working in about 5 minutes and last 4-6 hours 	<ul style="list-style-type: none"> Shaky hands, "hyper" feeling, fast heartbeat, headache Side effects usually only last a short time and may even go away after continued use Call your doctor if the side effects are too bothersome or do not stop

Controller Medicines (inhaled corticosteroids)

Brand Name	Generic Name	Things to know	Side Effects
Asmanex	mometasone	<ul style="list-style-type: none"> PREVENTS swelling, inflammation, and mucus in the airways 	<ul style="list-style-type: none"> Hoarseness
QVAR	beclomethasone	<ul style="list-style-type: none"> USE THIS MEDICINE EVERY DAY to prevent asthma "attacks" 	<ul style="list-style-type: none"> IMPORTANT to rinse your mouth and spit after each use to prevent thrush
Flovent HFA	fluticasone	<ul style="list-style-type: none"> Don't stop taking this medicine UNLESS your doctor tells you to 	<ul style="list-style-type: none"> MUST be used with a spacer (unless it is a dry powder inhaler)
Pulmicort (respules or flexhaler)	budesonide		

Controller Medicines (inhaled corticosteroids/bronchodilators)

Brand Name	Generic Name	Things to know	Side Effects
Advair	fluticasone & salmeterol	<ul style="list-style-type: none"> NEVER take this medicine to relieve asthma symptoms (attack) 	<ul style="list-style-type: none"> Hoarseness
Symbicort	budesonide & formoterol	<ul style="list-style-type: none"> PREVENTS swelling, inflammation, and mucus in the airways Opens airways by relaxing muscles around them USE THIS MEDICINE EVERY DAY to prevent asthma "attacks" Don't stop taking this medicine UNLESS your doctor tells you to Take your doses at least 12 hours apart Don't take more than twice daily 	<ul style="list-style-type: none"> IMPORTANT to rinse your mouth and spit after each use to prevent thrush

Controller Medicines (Leukotriene receptor)

Brand Name	Generic Name	Things to know	Side Effects
Singulair	monteleukast	<ul style="list-style-type: none"> ● PREVENTS swelling, inflammation, and mucus ● USE THIS MEDICINE EVERY DAY to prevent asthma "attacks" ● NEVER take this medicine to relieve asthma symptoms (attack) ● Don't stop taking this medicine UNLESS your doctor tells you to 	<ul style="list-style-type: none"> ● Headache or stomachache ● Call your doctor if you have flu-like symptoms

Oral Corticosteroids

Brand Name	Generic Name	Things to know	Side Effects
Orapred Pediapred Prelone Brands vary	prednisolone prednisone	<ul style="list-style-type: none"> ● PREVENTS swelling, inflammation, and mucus ● Take exactly as your doctor tells you to ● Don't stop taking this medicine UNLESS your doctor tells you to ● Starts to work in 6-12 hours 	<ul style="list-style-type: none"> ● Increased appetite, stomachache, mood changes, fluid retention, flushed face (avoid sugary or salty foods) ● Long-term use may cause other side-effects (talk to your doctor) ● Take with food or milk to avoid stomachache

- This information is general and not specific to YOUR child.
- It is intended to provide you with information.
- If you have questions or concerns, please call your doctor or pharmacy for more information.

USING ASTHMA INHALERS



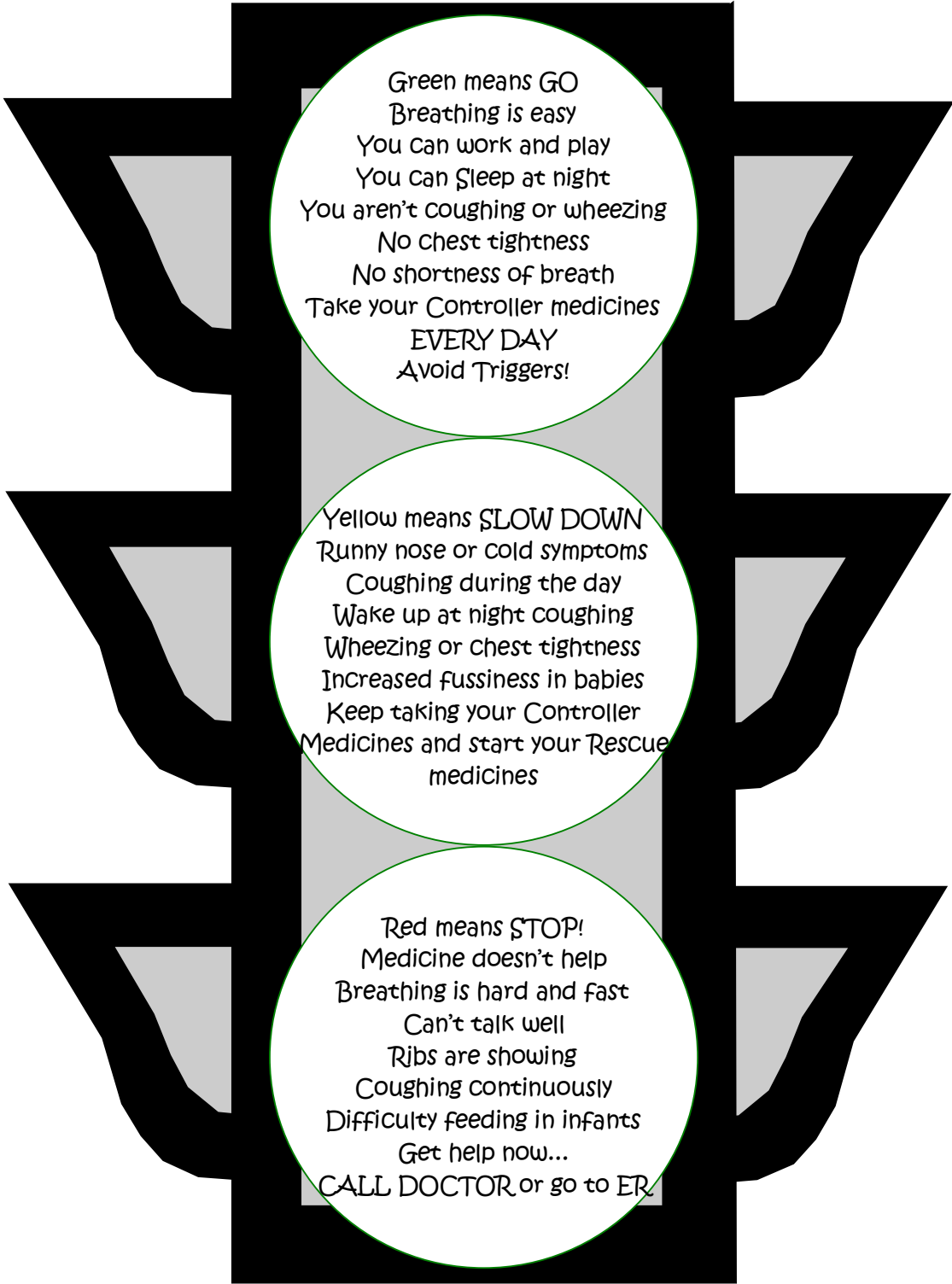
Metered Dose Inhalers (MDI's) & Spacers---MDIs can be used with the mouthpiece spacer (older children) or with a mask spacer for small children.

Mouthpiece---remove the cap and shake the inhaler. Place the inhaler on the spacer. Stand up and breathe in and out. Place the mouthpiece in your mouth and spray the medicine into the spacer one time. Breathe in slowly and hold your breath for ten seconds (count to ten). Wait one minute and then repeat.

Mask---remove the cap and shake the inhaler. Place the inhaler on the spacer. Sit the child upright; place the mask over the child's mouth and nose. Spray the medicine into the spacer one time. Count 5-10 breaths, wait one minute and then repeat.

Dry Powder Inhalers (DPI's)---Stand up and breathe in and out. Keep the disk horizontal, use your thumb to slide the lever and load the dose. Place the DPI in your mouth and breathe in the medicine quickly and forcefully. Remove the mouthpiece, hold your breath for ten seconds (count to ten) and breathe out. Repeat as ordered. Rinse mouth after taking puffs.

Nebulizers---Always use a mask or mouthpiece when taking a treatment. Follow manufacturer's instructions for use. Rinse medicine cup with water after each use. Soak cup, mouthpiece or mask once a week for 20 minutes in one part vinegar and two parts water. Allow to air dry on a clean towel.



Green means GO
Breathing is easy
You can work and play
You can sleep at night
You aren't coughing or wheezing
No chest tightness
No shortness of breath
Take your Controller medicines
EVERY DAY
Avoid Triggers!

Yellow means SLOW DOWN
Runny nose or cold symptoms
Coughing during the day
Wake up at night coughing
Wheezing or chest tightness
Increased fussiness in babies
Keep taking your Controller
Medicines and start your Rescue
medicines

Red means STOP!
Medicine doesn't help
Breathing is hard and fast
Can't talk well
Ribs are showing
Coughing continuously
Difficulty feeding in infants
Get help now...
CALL DOCTOR or go to ER