



If Your Infant Has Asthma You Will Have to Take Extra Care

- The lungs of an infant do not function as efficiently as the lungs of an older child. As result, a severe episode of asthma can quickly result in lung failure.

What To Do

- Follow the appointment schedule for checking on your infant's asthma. The doctor will want to see your child regularly even if he or she is not having symptoms.
- If your infant has asthma symptoms, act quickly. Follow the asthma control plan your doctor made for handling symptoms.
- Watch your infant closely for signs to seek emergency care. These signs include:
 - Breathing rate increases (to over 40 breaths per minute while the infant is sleeping). count the number of breaths in 15 seconds and multiply by four.
 - Suckling or feeding stops.
 - Skin between the infant's ribs is pulled tight.
 - Chest gets bigger.
 - Coloring changes (pale or red face; fingernails turn blue).
 - Cry changes in quality – becomes softer and shorter.
 - Nostrils open wider (nasal flaring).
 - Grunting.
- Be prepared. do not wait until the last minute to learn how to handle an emergency. Have an asthma control plan to get to the doctor or hospital that includes knowing how you'll get there, how much it will cost, and who will watch your other children.

During An Asthma Episode, DO NOT Do the Following:

- **Do not** give your infant large volumes of liquids to drink; just give normal amounts.
- **Do not** have your infant breathe warm, moist air (e.g., the mist from a hot shower)
- **Do not** have your infant rebreathe into a bag held tightly over his or her nose and mouth.
- **Do not** give your infant over-the-counter antihistamines and cold remedies.

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Pediatrics Dept. Division of Allergy, The University of Mississippi Medical Center
2500 North State St.
Jackson, MS 39216-4505

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