

A Parent Checklist

Things you can do to help manage your child's asthma

The more you learn about your child's asthma, the better equipped you will be to help them manage it.

I know my child's asthma triggers and how to avoid or control them.

Triggers are things that can cause asthma symptoms or make symptoms worse. Triggers can be different for everyone. Common triggers include colds or flu, pet dander, smoke and dust.

I have worked with my child's healthcare provider to fill out an asthma action plan.

An asthma action plan is a personalized tool to help me and my child manage their asthma. Asthma Action Plans use colour-coded "zones" to help me recognize when my child's asthma is well controlled, when their symptoms are getting worse and when they need immediate help.

I understand the colour-coded asthma zones and how to recognize when my child's asthma is well controlled, when their symptoms are getting worse and when they need immediate help.



The Green Zone of my child's asthma action plan is our target. When my child has minimal or no symptoms of asthma, this means they are taking the right amount of medication and their asthma is well controlled.



The Yellow Zone is when my child's asthma symptoms are getting worse, for example if they are exposed to one of their triggers. This action plan will tell us what to do to get them back to the Green Zone.



The Red Zone means my child is having serious asthma symptoms, also called an asthma attack. They need immediate help and may need to go to the emergency room.

I bring my child's asthma action plan to each appointment to make sure it's updated and reviewed regularly.

My child's healthcare provider may change the type and amount of medication they take to help maintain or regain control of their asthma. I ensure that their asthma action plan is up to date with any medication changes.

I know the medications my child has been prescribed for their asthma and when to take them. I understand the purpose of a reliever and a controller medication.

My child takes their controller inhaler (sometimes called a preventer) regularly to help prevent symptoms of asthma. Controller inhalers are typically orange but they can come in other colours and forms. I know that it's important that my child keeps taking their controller medication as prescribed, even when they have no asthma symptoms.

My child uses their reliever inhaler (sometimes called a "rescue" inhaler) to quickly relieve the symptoms of asthma. A reliever inhaler is typically used as needed for a short period of time. Reliever inhalers are typically blue.

I know how my child's inhaler is to be used and will ask their healthcare provider or a pharmacist if I am ever unsure.

My child uses a spacer with their inhaler. If they are 3 years old or younger, they use a spacer and mask. I can also refer to the How to Use Your Inhaler videos on lung.ca.

I write down any questions I have for my child's healthcare provider and bring the list to appointments.

Here are some questions you may want to ask your child's healthcare provider:

- Does my child have mild, moderate or severe asthma?
- Does my child need to carry their inhaler(s) everywhere they go?
- Are we using my child's inhalers properly?
- What does my child's school or daycare need to know about my child's asthma? Who else should be aware that my child has asthma?
- What shots or vaccinations does my child need?
- Can my child still play sports?
- Are there things that I can do before my child starts exercising?
- Is there anything I can do at home to prevent triggering asthma symptoms?
- Will my child outgrow asthma?

My Asthma Action and Management Plan

This plan was created for: Date created: Date reviewed/updated:

Parent/guardian: Phone number: Family doctor:

Parent/guardian: Phone number: Phone number:

My asthma triggers

Exercise / physical activity Colds / respiratory infections Smoke Animal dander Weather Air pollution Pollen Mold Scents Emotions (laughing/crying)

Other:

My asthma medications

Controller medication

Name of medicine Colour of inhaler How much to take When to take it

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Reliever medication

Name of medicine Colour of inhaler How much to take When to take it

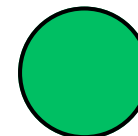
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Green zone

ALL of the following are true:

- Using reliever inhaler no more than 2 times per week
- No difficulty with physical activity or playing sports
- No symptoms of a cold

- No asthma symptoms at night
- Going to school and doing other regular activities.



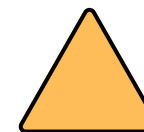
ACTION: My child's asthma is well controlled. My child will keep taking their medication as prescribed.

Yellow zone

ANY of the following are true:

- Using reliever inhaler more than 2 times per week
- Having difficulty with physical activity (sports, playing)
- Symptoms of a cold.

- Having symptoms of asthma 1 or more nights a week
- Missing regular activities or school.



ACTION: My child's asthma symptoms are getting worse. I will adjust their medications as follows:

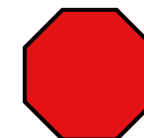
- Take puffs of reliever inhaler every 4 hours
- Add: for days
- Continue to use controller inhaler as prescribed
- Other:

Red zone

ANY of the following are true:

- Using reliever inhaler more than every four hours.
- Feeling very short of breath.

- Having a hard time talking.
- Wheezing or coughing continuously.



ACTION: My child is having an asthma attack. I will take immediate action.

- Call for help
- Take puffs of reliever every minutes
- Other:

I will take my child to the nearest emergency room or call 911 if ANY of the following are true:

- My child does not have their reliever inhaler
- Reliever inhaler is not helping
- The skin above and below their ribs is pulling in
- My child's lips or fingernails are turning blue

Asthma symptoms can get worse quickly. If in doubt, don't wait.

After any emergency room visit, schedule a follow-up appointment with your child's healthcare provider.