

Inhalers and Spacers for Young Children

Controller Medications

Controller medications are used **EVERY DAY** even if your child feels well to help prevent mucus and asthma attacks. Provide child water to drink and wash face after each use. Always use with a spacer.



Flovent Inhaler



QVAR Inhaler

Rescue Medications

These fast-acting medications help to relax tight muscles in the lungs and make it easier to breathe. Use this medication when your child is breathing hard, your child is coughing or wheezing, or your child is in the yellow or red zone. Always use with a spacer.



ProAir



Proventil



Ventolin



Xopenex

Examples of Patient Self-Help Tools

Asthma Action Plan for _____ DOB: _____	
Emergency Contact: _____	Phone number: _____ Date: _____
Doctor's Name: _____	Phone number: _____ Pharmacy: _____
Child's Severity: <input type="checkbox"/> Mild/Intermittent <input type="checkbox"/> Moderate <input type="checkbox"/> Severe	Additional Triggers: Pollen Dust Mold Pets Perfumes Smoke Strong odors or odors Sick contacts Exercise Stress Weather changes Change in temperature Sick contact, public, vaccination Illness Other: _____
CONTROLLED - Green Breathing is good No cough or wheeze Can play and work Peak Flow: _____ (80-100% of best)	1. Use your _____ medicine _____ times a day, every day. 2. (Check if applicable) _____ peak of _____ 3. Use your _____ medicine _____ times a day, every day.
CAUTION - Yellow Coughing (may be worse at night or with exercise) Wheezing Chest tightness Peak Flow: _____ (50-80% of best)	1. Take your _____ medicine and continue your _____ medicine. 2. If you need _____ medicine, use your _____ medicine. 3. Call your doctor if you need rescue medicine for more than 2 days or 2 weeks a week. 4. Always check for improvement in symptoms and/or repeat peak flow same 12-24 hours after using rescue medicine. Continue to follow plan.
EMERGENCY - Red Breathing hard and fast (wheezing or no sound) Blue lips and Sinking in of ribs between ribs and neck (retractions) Coughing Grogginess or blue lips or fingers Peak Flow: _____ (0% of best)	1. Use your _____ medicine _____ times a day, every day. 2. Call your doctor at _____ while giving rescue medicine. 3. If you cannot contact your doctor or parent/guardian, call 911 or go directly to the Emergency Department.

Asthma Action Plan



Spacer

Inhaladores y espaciadores para niños pequeños

Medicamentos de control

Los medicamentos de control se utilizan **TODOS LOS DÍAS** inclusive si su hijo se siente bien para prevenir los ataques de mocos y asma. Déle agua a su hijo(a) para beber y enjuague la boca de su hijo(a) después de cada uso. Siempre use con un espaciador.



Inhalador de Flovent



Inhalador de QVAR

Medicamentos de rescate

Estos medicamentos de acción rápida ayudan a relajar los músculos tensos en los pulmones y facilitan la respiración. Use este medicamento cuando su hijo tenga dificultad para respirar, está tosiendo o jadeando o si su hijo(a) está en la zona amarilla o roja. Siempre use con un espaciador.



ProAir



Proventil



Ventolin



Xopenex

Ejemplos de herramientas de auto ayuda para los pacientes

Asthma Action Plan for _____ DOB: _____	
Emergency Contact: _____ Phone number: _____ Date: _____	Pharmacist: _____ Pharmacy: _____
Green Zone • Breathing is good • No cough or wheeze • Can play and work Peak Flow _____ (80-100% of best)	1. Take your _____ medicine _____ times each day. 2. (Check if applicable) _____ puffs of _____ in _____ days, once daily.
Yellow Zone • Coughing (may be worse at night or with exercise) • Wheezing • Chest tightness Peak Flow _____ (50-80% of best)	3. Take your _____ medicine and continue your _____ medicine. 4. Always check for improvement in symptoms and/or repeat peak flow same 10-15 minutes after using rescue medicine. Continue to follow plan.
Red Zone • Breathing hard and fast (wheezing or no sound) • Lips or nails turn blue • Feeling dizzy or like between the and can't hear ringing • Coughing • Grogginess • Grogginess or blue lips or fingers Peak Flow _____ (0% of best)	5. Call your doctor at _____ while giving rescue medicine. 6. If you cannot reach your doctor or parent/guardian: Call 911 or go directly to the Emergency Department.

Plan de acción de Asma



Espaciador