

Nebulizers for Young Children

Controller Medications

Controller medications are used **EVERY DAY** even if your child feels well to help prevent mucus and asthma attacks. Rinse child's mouth after use and wash face where mask was.



Pulmicort Respules

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.



Xopenex Nebulizer Solution



Albuterol Nebulizer Solution

Examples of Patient Self-Help Tools

Asthma Action Plan

Emergency Contact: _____ Phone number: _____ Date: _____
 Doctor's Name: _____ Please number: _____ Pharmacy: _____

CONTROL - Green

- Breathing is good
- No cough or wheeze
- Can play and work

Peak Flow: _____ (90-100% of best)

CAUTION - Yellow

- Coughing (may be worse at night or with exercise)
- Wheezing
- Change tightness

Peak Flow: _____ (60-80% of best)

EMERGENCY - Red

- Breathing hard and fast (shortness of breath)
- Sneezing runs out
- Swelling of all lips, tongue, face and neck (swallowing)
- Groaning
- Gone or blue lips or fingertips

Peak Flow: _____ (<60% of best)

Asthma Action Plan



Air Compressor with Nebulizer Set-Up for Mouthpiece



Air Compressor with Nebulizer Set-Up for Mask

Nebulizadores 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. Enjuague la boca de su hijo(a) después de su uso y lave la cara en el lugar de la máscara.



Pulmicort Respules

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.



Solución Nebulizante Xopenex



Solución Nebulizante Albuterol

Ejemplos de herramientas de auto ayuda para los pacientes

Asthma Action Plan for _____		DOB: _____
Emergency Contact: _____ Phone number: _____ Date: _____		
Doctor's Name: _____ Phone number: _____ Pharmacy: _____		
<p>CONTROLLED - Green</p> <ul style="list-style-type: none"> Breathing is good No cough or wheeze Can play and work 	<p>Asthma Triggers:</p> <ul style="list-style-type: none"> Illness/Cold Animals (Dogs or Cats) Child's respiratory infections Strong odors or irritants Weather/High pollen Reflux/GERD 	<p>Let's Start:</p> <ul style="list-style-type: none"> Change in temperature Dust, mold, pollen, cockroaches Stress
<p>CAUTION - Yellow</p> <ul style="list-style-type: none"> Coughing (may be worse at night or with exercise) Wheezing Clear sputum 	<p>Take your CONTROLLED medicine and continue your CONTROLLED medicine.</p> <p>Rescue Medication: _____ Allow mouth to settle. _____ or _____ or _____ or _____ or _____</p>	<p>Plan as needed:</p> <ul style="list-style-type: none"> Repeat every _____ 4 puffs by inhaler 8 puffs by inhaler or use spacer if available or by nebulizer Other: _____
<p>EMERGENCY - Red</p> <ul style="list-style-type: none"> Breathing fast and feet (shininess of hands) Slow down and Sitting up or lying between arms and neck (struggling) Confusion Grey or blue lips or fingernails 	<p>Take your CAUTION medicine immediately and get help.</p> <p>Rescue Medication: _____ Allow mouth to settle. _____ or _____ or _____ or _____</p>	<p>Plan as needed:</p> <ul style="list-style-type: none"> Repeat every _____ 20 minutes for a total of 3 treatments if not back in the Yellow or Green Zone
<p>Peak Flow: _____ (90-100% of best)</p>	<p>1. Call your doctor if you need rescue medicine for more than 24 hours 2. More a week.</p> <p>3. Always check the improvement in symptoms and be ready to call for help if you do not improve after using rescue medicine. Continue to follow plan.</p>	<p>1. Call your doctor at _____ while giving rescue medicine</p> <p>2. If you cannot contact your doctor or parent/guardian call 911 or go directly to the Emergency Department.</p>

Plan de acción de Asma



Compresor de aire con nebulizador para boca



Compresor de aire con nebulizador con máscara

