

My Asthma Plan

Every child with asthma should know where their medicines are and who can help.

- ☐ I have a written Asthma Action Plan.
- ☐ I know my rescue medicine.
- ☐ I use a spacer with an MDI when prescribed.
- ☐ My school/caregiver has my plan and medicines.
- ☐ I know when to ask an adult for help.

My top triggers:

Notes for my visit:

Need Help?

Call the office for asthma questions, refills, school forms, or if symptoms are happening more often.

Emergency warning signs

- Trouble walking, talking, or drinking because of breathing
- Blue or gray lips or face
- Ribs pulling in, severe chest tightness, or extreme sleepiness
- Rescue medicine is not helping or symptoms return quickly

Call 911 or go to the ER for severe symptoms.

Sources: NHLBI, CDC, and AAAAI patient education. This pamphlet is for education and does not replace your child's personal Asthma Action Plan.

Controlling Asthma



A kid-friendly guide for breathing easier at home, school, and play.

Little Lungs

— OF LONG ISLAND —

Pediatric Cough Clinic

Dr. Vicki Masson, M.D., FAAP, AE-C

-  631-621-2256
-  595 Route 25A, Miller Place NY
-  Littlelungsoflongisland.com
-  Info@littlelungsofLI.com

How to Use an Inhaler

MDI + spacer

Using the right technique helps the medicine get deep into the lungs.

- 1 Shake the inhaler well.
- 2 Place the inhaler into the spacer.
- 3 Breathe out fully.
- 4 Seal lips around the mouthpiece or place the mask snugly.
- 5 Press 1 puff and breathe in slowly and deeply.
- 6 Hold your breath for about 10 seconds, if able.
- 7 Wait 30–60 seconds before the next puff, if prescribed.

Ask your asthma team to check your inhaler technique.



Common Triggers

Triggers are things that can make asthma symptoms start or get worse.

At home

- Dust and dust mites
- Mold
- Pets and dander
- Smoke or vaping
- Strong smells or cleaning sprays



Outside

- Pollen
- Air pollution
- Cold air
- Wildfire smoke
- Exercise in poor air quality



By season

- Spring: tree pollen
- Summer: grass pollen and ozone
- Fall: ragweed and colds
- Winter: cold air and respiratory viruses

Knowing your triggers can help you avoid flare-ups.



What to Do

If asthma symptoms start:

- 1 Tell an adult right away.
- 2 Sit upright and stay calm.
- 3 Use your rescue inhaler exactly as your asthma plan says.
- 4 Move away from the trigger if you can.
- 5 If you feel better, keep resting and let your caregiver know.

Get help now

- Trouble talking or walking because of breathing
- Ribs pulling in or breathing very hard
- Blue or gray lips or face
- Rescue medicine is not helping

Call 911 for severe breathing trouble. Follow your child's personal Asthma Action Plan.

