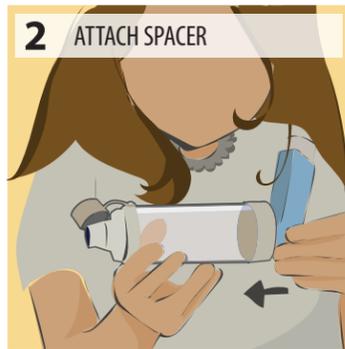


How to use an inhaler with a spacer

Works as well as a nebulizer!



1 TAKE CAP OFF AND SHAKE
Take cap off the inhaler. Check for and remove any dust, lint, or other objects. Shake the inhaler well.



2 ATTACH SPACER
Attach the inhaler to the spacer.



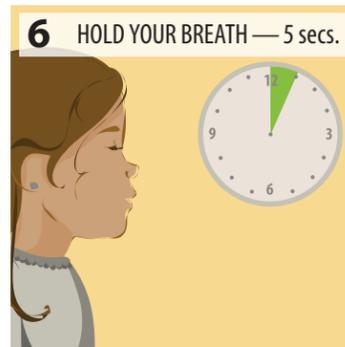
3 BREATHE OUT
Breathe out all the air, away from the spacer.



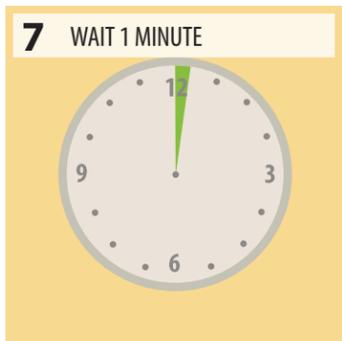
4 PRESS THE INHALER
Put lips around device, press inhaler one time. This puts one puff of medicine into the spacer.



5 BREATHE IN DEEPLY & SLOWLY
Breathe in deeply and slowly, and hold your breath.



6 HOLD YOUR BREATH — 5 secs.
Remove the device from the mouth. Then **hold** your breath for 5 secs. Then breathe normally **away** from the spacer.



7 WAIT 1 MINUTE
If your child needs to take another puff of medicine, wait 1 minute. After one minute, repeat steps 3 to 6.



8 RINSE — DON'T SWALLOW!
Rinsing is only necessary if the medicine you just took was an inhaled steroid. Have your child rinse his or her mouth out with water after the last puff of medicine. **Make sure your child spits the water out.** Do not allow the child to swallow the water. Recap the inhaler.

From the American College of Chest Physicians.
Illustrations by Paula Falco

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Contact Amy O'Rourke, Respiratory Health Association at 312.243.2000 or by email at info@lungchicago.org



What is this? This is a QR code. To use it, go to the app store on your smartphone, search for 'QR code readers' and download the free app.

To learn more about asthma, scan this code with the app to link to Respiratory Health Association website. Or go to: www.tinyurl.com/asthmalib

9.11.18

Asthma home plan



Child's name _____

Date _____

Doctor's signature _____

Date _____

1 Take your asthma medicine

Your "controller" medicine is: _____

- Inhaler Spacer
 Mask Nebulizer

Number of puffs _____

How often _____

Take every day **EVEN IF** no visible symptoms

Things to know about controller medicine:

- should be used every day, even if your child has no symptoms
- examples include Pulmicort, Flovent, Azmacort, Advair
- may be an allergy medication, such as Singulair and Accolate

Mark your meds at the pharmacy:

green sticker for "controller" medicine

Your "rescue" medicine is: _____

- Inhaler Spacer
 Mask Nebulizer

Number of puffs _____

How often _____

Use when symptoms occur

Use 5 - 15 minutes before exercise

Things to know about rescue medicine:

- should be used only if your child is having symptoms during an asthma attack/ with symptoms
- is typically albuterol with a name like: Proventil, Pro-Air, Ventolin, Xopenex

Mark your meds at the pharmacy:

red sticker for "rescue" medicine

Other: _____

2 See your child's doctor regularly

Doctor's name and phone number _____

Next appointment date and time _____

3 Read the signs

GREEN ZONE Go play

Even if your child shows no breathing problems, keep using "controller" medicine every day.

Use "rescue" medicine 5 to 15 minutes before exercise.

breathes easily
plays as usual



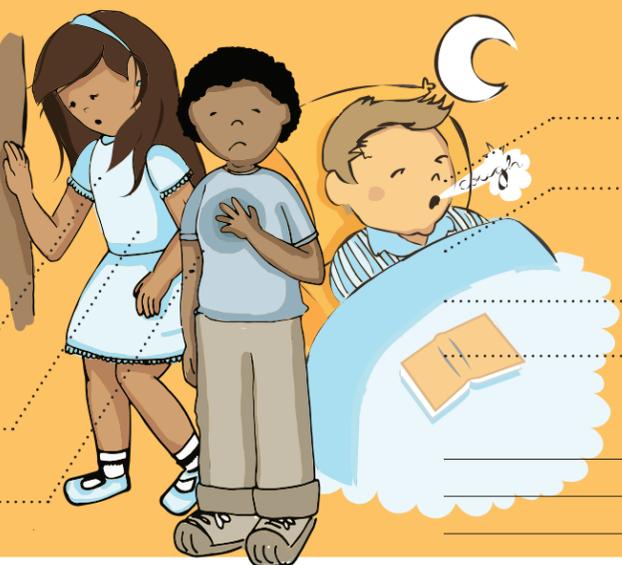
no coughing or wheezing during the day or night
sleeps soundly most nights
wakes up no more than 2 times a month from asthma
doesn't need "rescue" medicine, OR uses it only 1 or 2 times a week

Illustrations by Paula Falco

YELLOW ZONE Use rescue medicine

If your child shows any of these signs, use "rescue" medicine right away. Keep using "controller" medicine every day.

hard time breathing
wheezing or whistling when breathing
chest feels tight



Call your doctor if symptoms continue for 3 days
child needs "rescue" medicine 6 or more times in one day
breathing does not get better within 20 minutes of using "rescue" medicine

coughs a lot
hard to sleep because of breathing problems

RED ZONE Get help

If your child has any of these signs, use "rescue" medicine, and go to the emergency room or call 911.

hard time saying a full sentence without a breath
hard time walking
hard time breathing even when sitting



Call 911
lips or fingernails are gray or blue
breathing so hard that your child is drowsy or sleepy
breathing gets worse within 20 minutes of taking "rescue" medicine

ribs show when breathing

4 Stay on top of asthma

▶ **Don't wait! Call with questions** Call your child's regular doctor with any questions about how to use your child's Asthma Home Plan.

▶ **Identify your child's asthma triggers** Build a trigger list of what seems to make your child's asthma act up. Add to the list as you notice new triggers. Try to help your child avoid these!

If your child has a cold, use your child's action plan; and help them to blow their nose.

Avoid smoking—a known asthma trigger—and avoid having your child in a house where someone smokes.

Here are some examples of common asthma triggers:



What are your child's triggers?

▶ **Give medications as prescribed** Review how to use the inhalers with your child's doctor. Develop tricks to help remind you to give the medications.

What might be useful tricks?

▶ **Take your child to the doctor regularly** Your child's doctor is there to help—they want to see how well your child is doing and to review your child's symptom control.

Together you and your doctor will talk about your Asthma Home Plan. Your doctor will make changes to the plan to help you stay on top of your child's asthma.

