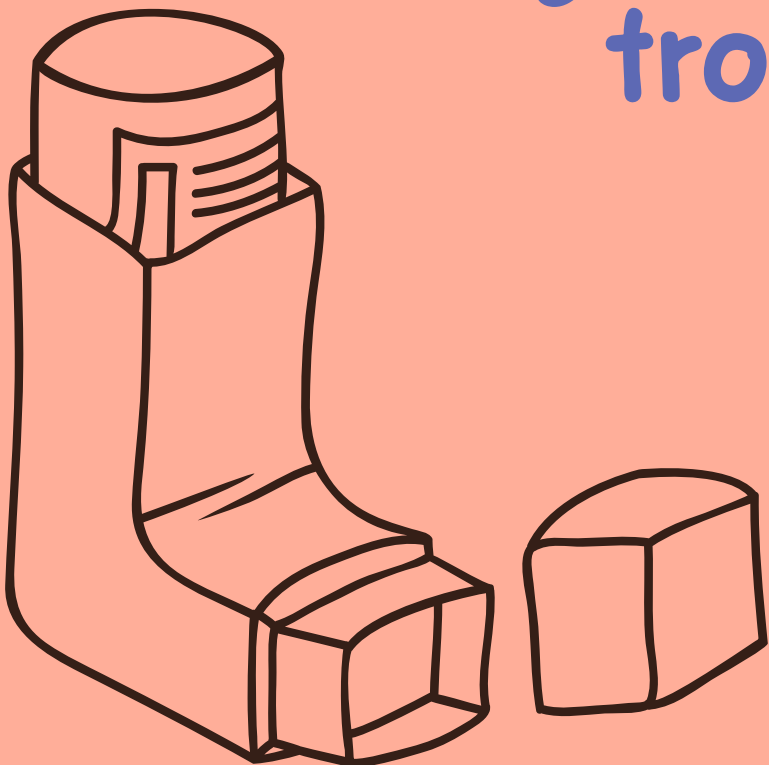


Asthma in Children

ASTHMA

...occurs when air can't get into your lungs and you have trouble breathing

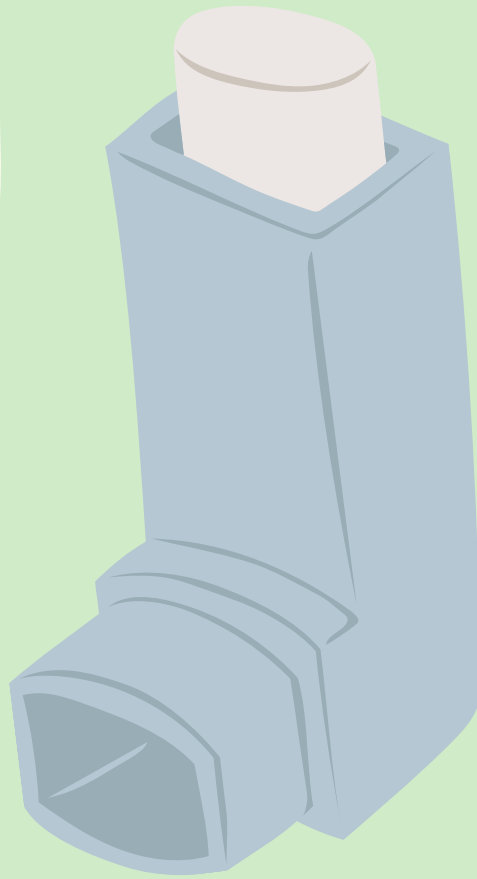


- Center For Disease Control

Triggers of Asthma

- Dust in your house
- Tobacco smoke
- Some medicines

- Cockroach droppings
- Pets
- Mold



- Bad weather
- Infections like a cold or the flu

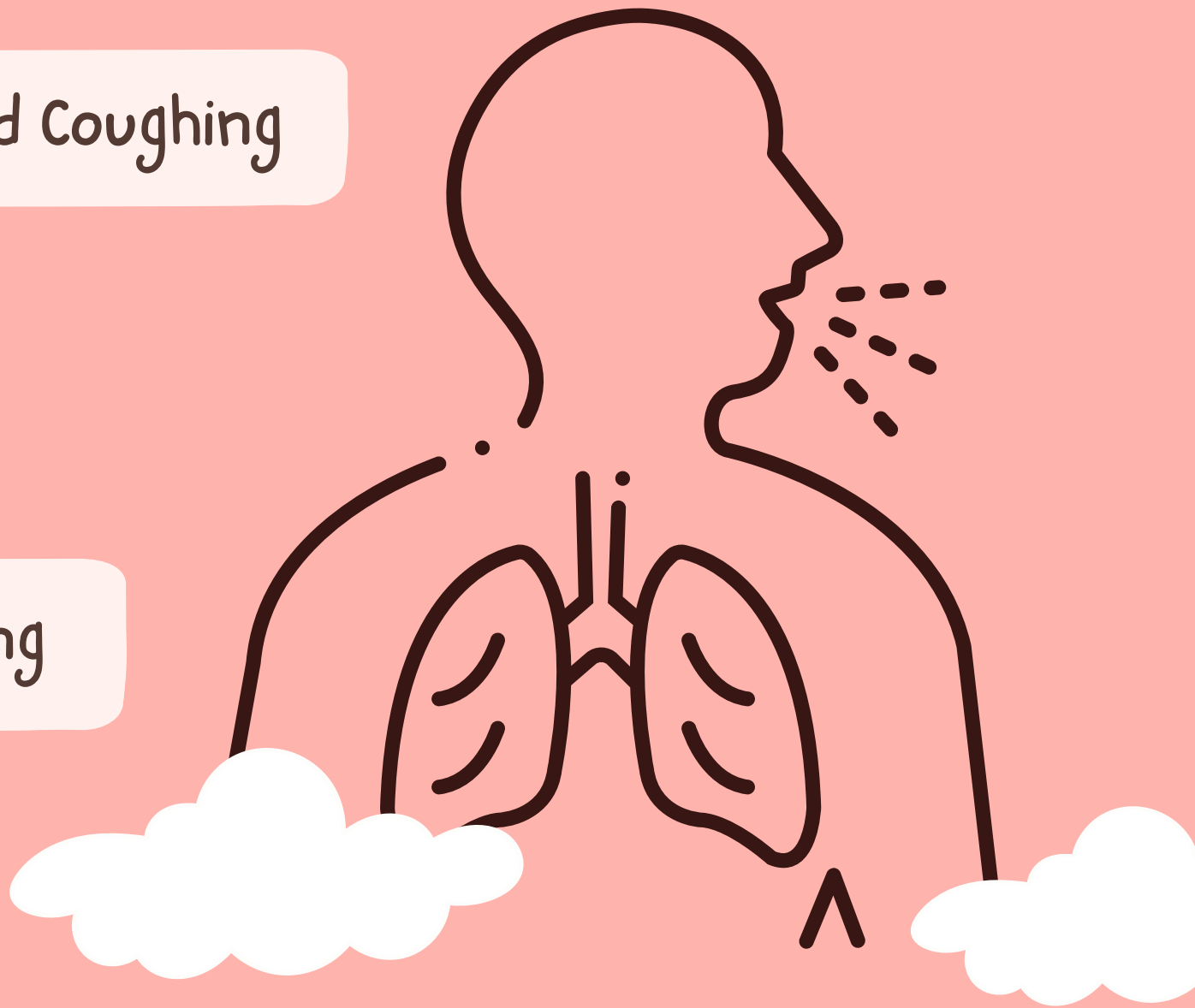
- Dirty air outside
- Food Allergies
- Hard exercise

Signs of an Asthma Attack

Wheezing and Coughing

Hard & Fast Breathing

Chest tightness



Mild Attack

- No shortness of breath while resting
- Mild shortness of breath while walking
- Can talk normally & speak in sentences
- Can lay down flat without pain or pressure
- Mild wheezing that can not be heard

Moderate Attack

- Shortness of breath while resting
- Can only speak in short phrases (From the lack of breath)
- Feeling like you need to sit down (BUT can't lay down flat)
- Wheezing that can be heard
- You can feel your ribs pull in with each breath

Asthma Attack Scale

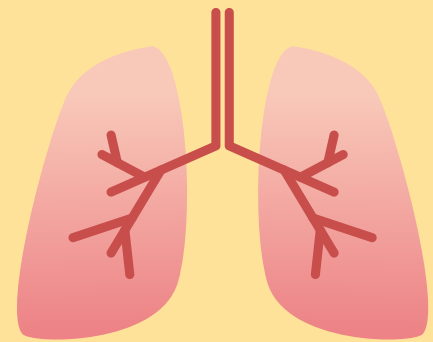
Severe Attack

- Can only speak in single words from the lack of breath
- Severe shortness of breath while resting
- Struggling to breathe
- Loud wheezing
- Rarely or no wheezing (due to poor air movement)
- Potentially severe retractions

If you think an asthma attack is coming...



Tell someone!
(teacher or parent)



Know & follow your
asthma care plan



4 Types of Treatments for Asthma

QUICK-RELIEF MEDICINE

Can be used for an emergency asthma attack!

Can help open the airway quickly and let the person breathe.

LONG-TERM CONTROL MEDICINE

It is used on a daily basis to control chronic asthma symptoms and prevent asthma attacks.

MEDICATION FOR ALLERGIC INDUCED ASTHMA

Can be used to decrease the body's sensitivity to allergens...which are substances that could cause allergies.

BIOLOGICS

Can be used to help control severe asthma symptoms by stopping inflammation caused by biological responses.



How to use your asthma medicines



Using an Inhaler

It could help people to breath medicines to get into lungs



Using a Spacer

It holds the medicine mist and helps people to breathe in medicines more easily.



Using a Nebulizer

It turns liquid medicine into a mist for people to breathe in.

THANK YOU FOR YOUR INTEREST!



For any questions & more information visit our website:
<https://indianactsi.org/community/initiatives/indiana-joint-asthma-coalition/>

Resources:

- Centers for Disease Control and Prevention's (CDC) national asthma ... https://www.cdc.gov/asthma/pdfs/kids_fast_facts.pdf. Accessed May 20, 2022.
- Fennel. Can foods trigger asthma? Cleveland Clinic. <https://health.clevelandclinic.org/foods-that-trigger-asthma/>. Published February 23, 2022. Accessed May 20, 2022.
- Asthma attack. Seattle Children's Hospital. <https://www.seattlechildrens.org/conditions/a-z/asthma-attack/>. Published January 13, 2022. Accessed May 20, 2022.
- Asthma medications: Know your options. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/asthma/in-depth/asthma-medications/art-20045557#:~:text=Quick%2Drelief%20medications,-These%20asthma%20medications&text=Often%20called%20rescue%20medications%2C%20they,for%20four%20to%20six%20hours>. Published June 19, 2020. Accessed May 23, 2022.
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