

# Helpful Tips to Help Your Child

- Make sure controller medicine is used every day.

How can you remember?

- Give your child the medicine at the same time as a daily routine. Give it before meals or before your child brushes his or her teeth.
  - Put a sign on the bathroom mirror or on the refrigerator to remind you.
  - Ask your family members to remind you.
- Always carry your child's quick-relief inhaler. This medicine will open your child's airways. Always have it within reach.



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The right medicine  
is key to  
asthma control!



## Work with your child's doctor

Your child's doctor will make a treatment plan for your child based on your child's age and symptoms. Your child's asthma can be controlled. Use the right medicine at the right time as ordered by your child's doctor.

## What medicine is your child taking for asthma?

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Not everyone with asthma takes the same medicine. Controller medicine is taken **daily** to prevent asthma signs or symptoms. Quick-relief medicine is taken **only** for asthma signs or symptoms.

There are 3 types of asthma medicine:

1. **Controller:** Use every day to have fewer asthma attacks.
2. **Quick-relief:** Use only for asthma symptoms.
3. **Oral Steroids (pill or syrup):** Use for very bad asthma.

## What to know about controller medicine?

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- Use every day even if your child has no signs of asthma.
- This medicine shrinks swelling in your child's airways.
- It may take a few weeks before it starts working.
- It is used to prevent asthma signs.
- Do not use this medicine to treat an asthma attack.



## What to know about quick-relief medicine?

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- Use with a spacer!
- Use to treat asthma signs and symptoms.
- This medicine relaxes the muscles around your child's airways.
- It works very fast.
- If your child needs to use quick-relief medicine more than 2 times per week call your child's doctor. This means your child's asthma plan is not working.



## What to know about oral steroids?

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- Oral steroids are pills or syrup. Your child takes by mouth.
- They reduce swelling and redness in your child's airways.
- They are used for bad asthma. Your child will usually take oral steroids only for 3 to 5 days.
- If oral steroids are used for weeks or months they can have bad side effects.

## What to discuss with your child's doctor?

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Your child's doctor will tell you if your child has intermittent or persistent asthma.

**Intermittent asthma:** This means your child has asthma signs only once in awhile. Your child only needs quick-relief medicine.

**Persistent asthma:** This means your child has asthma most of the time. Your child will need controller medicine every day. Your child will use quick-relief medicine for asthma symptoms.

Ask your child's doctor and pharmacist questions about side effects. Medicines breathed into the lungs have less side effects than those taken by mouth.

Always ask your pharmacist to show you how to use an inhaler. Take your medicine to your child's doctor. Have your child show the doctor how he or she uses it. There are many kinds of inhalers. Using the inhaler the right way will make sure your child gets the full dose of medicine.



## Who to tell about your child's asthma medicine?

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- Tell your child's teachers and other adults working with your child about your child's asthma. Give them a copy of your child's asthma action plan. Let them know where your child's quick-relief medicine and spacer are kept.
- Find out the rules at your child's school. Many schools now let children have their quick-relief medicine with them. Ask about special forms your child's doctor may need to sign.