



The ABC's of Asthma Safety



So your child has asthma. Please don't despair! I created AllerMates to give parents (like myself) simple tools and resources to help safeguard their children. Know that many children with asthma lead normal, active lives when their asthma is well controlled under a doctor's guidance, with the right medication and by avoiding their asthma triggers.



Iris Shamus
Iris Shamus, Founder & CEO

A LEARN THE SYMPTOMS

Making sure your child gets the proper treatment starts with **learning and recognizing** the symptoms of asthma below.

- + Wheezing or whistling when breathing
- + Coughing (a cough that doesn't go away, occurs often, or gets worse at night)
- + Chest tightness (it feels like a weight or pressure on your chest)
- + Shortness of breath (feeling like you can't get enough air)
- + Difficulty talking and performing normal daily activities

B TREAT

+ If you suspect your child has asthma **talk to their doctor** immediately. Asthma is a very serious condition that requires both immediate and ongoing treatment. Early intervention can make a difference.

Tip

Create an **asthma action plan**, an individualized worksheet that shows you the steps to take to prevent their asthma from getting worse. It also provides guidance on when to call their healthcare provider or when to take them to the emergency room right away.

Hal Puffer



C RESCUE

+ When your child's asthma symptoms flare up then they will need rescue medicines to help. **Rescue medicines** are only taken as needed and should be easily accessible to anyone who has asthma. Rescue medicines work right away to help relax the muscles in the airways and if not taken, asthma symptoms can worsen and become severe.

Tip

If your child is experiencing asthma symptoms and their symptoms are not improving with their rescue medicine, contact their doctor ASAP. Your child may need medical attention right away.

Mr. Puffer



D MAINTAIN

Once your child's asthma is well controlled, your goal will be **maintenance**. Your doctor may prescribe a **controller medicine** for your child to take every day to help prevent asthma symptoms. Controller medicines can help your child's lungs stay healthy and experience fewer symptoms over time.

Tip

In addition, by following their asthma action plan and even using a **peak flow meter** to measure breathing changes, you can help treat your child's asthma before their symptoms worsen.

Halee Puffer



E COMMON ASTHMA TRIGGERS



- Smoke • Pollen
- Pets • Stress
- Exercise • Food
- Dust • Mold
- Bad Weather

Triggers are the external factors that cause asthma symptoms. Each person's triggers may be different. **KNOW** and **AVOID** your child's TRIGGERS for an attack.

Mrs. Puffer



F The 123's of Preventing & Handling Asthma Attacks

1. Take preventative medication as prescribed.
2. Always have a rescue inhaler.
3. Make sure you are following the doctor's maintenance instructions.
4. Be sure that all caregivers are aware of your child's triggers
5. Children with asthma should always wear medical ID jewelry like AllerMates wristbands or dog tags to alert others to their condition.

