

Your Child's Asthma

Managing Asthma Symptoms

Working closely with your child's health care provider is the first step in helping to manage your child's asthma. Schedule an asthma check-up at least once a year and more often if your child is having symptoms. In addition:



- Use an Asthma Action Plan to manage your child's asthma. Don't have one? Ask your child's doctor for one to keep at home and a copy to share with your child's school. Download an asthma action plan here: www.lung.org/asthmaplan
- Keep a journal or diary to help monitor your child's asthma. Track daytime and nighttime symptoms, medication use, activity level, and peak flow rate. Report any changes to your child's health care provider.
- Avoid or reduce your child's exposure to the things, activities or conditions, called "asthma triggers" that make breathing more difficult for your child.
- Empower your child to speak up and tell teachers, coaches and other adults when he/she is having trouble breathing. Kids can become asthma control agents here: www.lungtropolis.com
- Learn the signs of a breathing emergency and know when to call 911.

The American Lung Association

is here to help you manage your child's asthma symptoms and find a qualified health care provider.

Call or visit for support today:

1-800-LUNG-USA

www.lung.org/asthma