

Viral Wheezing Home Management Plan (1-4 years and wheezes with colds)



Illustrations by Paula Falco

Go play

NO symptoms!

UHRainbow.org/AsthmaGreenZone



- *No coughing or wheezing
- *Breathes easily
- *Plays easily
- *Sleeps comfortably



- No daily wheezing medications are needed
- Go to yellow zone when your child begins to have cold symptoms, like runny nose, congestions, or cough.

Slow Down

Start **ANTI-INFLAMMATORY** medicine **NOW!**
Use **QUICK RELIEF** only if needed

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- *Cold symptoms
- *Coughing (especially at night)
- *Congestion
- *Runny nose
- *Wheezing
- *Hard to sleep



Your **ANTI-INFLAMMATORY** medicine(s): **Budesonide** ___ mg

- How much: 1 vial
- How often: Morning and evening for 7 to 10 days, then stop

Your **QUICK RELIEF** medicine(s): **Albuterol** **

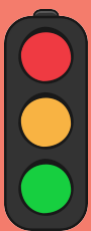
- How much: Up to 4 puffs (or 1 nebulized treatment)
- How often: Every 4 hours as needed

- **Call your doctor** if your child needs quick relief medicine **more often than every 4 hours** or if your child's breathing is **not starting to get better after 3-4 days**
- Return to **GREEN** zone after using Budesonide for 7-10 days and your child seems better

Stop

Give **QUICK RELIEF** medicine **NOW** and call your doctor.
If your child is turning **blue**, or not responding to you call 9-1-1

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- *Hard time catching breath
- *Nostrils moving in and out to breathe
- *Ribs showing when breathing
- *Trouble walking or talking
- *Acting drowsy or sleeping

red sticker for quick relief medicine



Your **QUICK RELIEF** medicine is: **ALBUTEROL****

- **Give 4 PUFFS with spacer (or one nebulized treatment) NOW!**
- If breathing is **NOT** better in 15 minutes, give 4 more puffs with spacer (**or one nebulized treatment**). Call **9-1-1** or go to the nearest emergency department.
- If breathing is better for 4 hours return to the **YELLOW** zone.

YOUR DOCTOR

TELEPHONE NUMBER

**Your quick relief medicine may also be called (ProAir | Ventolin | Proventil | Xopenex)

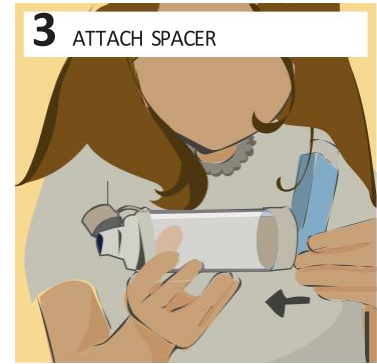
How to use an inhaler with a spacer Works as well as a nebulizer!



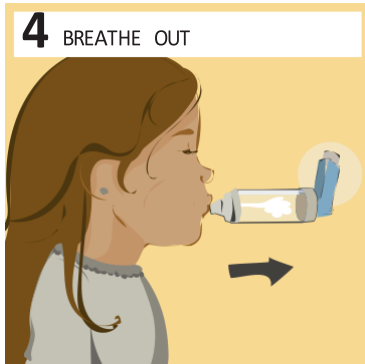
Remove cap from mouthpiece of inhaler and spacer. Shake inhaler well.



Prime the inhaler by spraying out 4 puffs of medication if the inhaler is new or hasn't been used in 2 weeks or longer.



Attach the inhaler to the spacer.



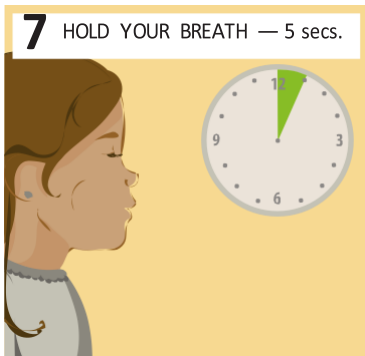
Place lips around spacer mouthpiece. Take a deep breath IN and then breathe OUT slowly into the spacer.



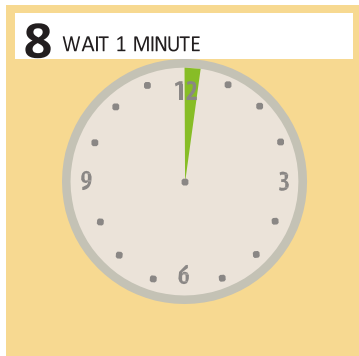
Press the inhaler one time. This puts one puff of medicine into the spacer.



Breathe IN deeply but SLOWLY. **Breathe in slower if the spacer whistles**



Hold breath for 5 seconds before breathing out.



If your child needs to take another puff of medicine, wait 1 minute. After one minute, repeat steps 4 to 7.



Rinse mouth if the medicine taken was an inhaled steroid. Do not swallow the water.



Scan code for video demonstration of how to use albuterol inhaler with a facemask

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Scan code for video demonstration of how to use albuterol inhaler with mouthpiece

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