







# Steps to Follow for an Asthma Episode in the Child Care Setting

## EARLY WARNING SIGNS

- Cough, chest hurts, wheezing
- Changes in behavior: *unusually tired, not wanting to play, restlessness, trouble sleeping*
- Drop in peak flow
- Exposure to known triggers that result in symptoms

## ACTIONS TO TAKE

- 1** Stop activity  
Help child to an UPRIGHT position  
Remove from trigger if possible 
- 2** Follow Asthma Action Plan or health care provider's instructions for use of reliever medication 
- 3** Look for improvement 
- 4** Document in Medication Record 
- 5** Contact the family 
- 6** Watch for **Late Warning Signs** as listed below 

## LATE WARNING SIGNS of an emergency

- Chest/neck muscles are working hard
- Struggling to breathe
- Trouble walking or talking
- Breathing or peak flow rate does not improve or is worse after treatment
- Lips/fingernails are gray or blue

# CALL 911 IMMEDIATELY

- Follow the *Actions to Take* listed above
- Watch the child until help arrives

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