

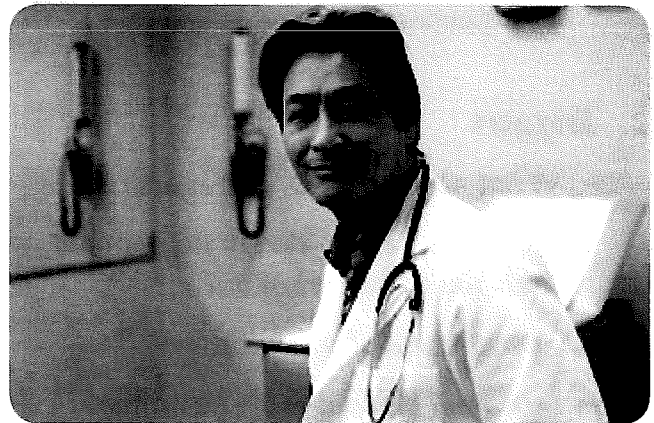
Help manage your child's asthma with an action plan

An asthma action plan can help your child control his or her asthma. Create an asthma action plan for your child with help from the health care provider. It may help you and your child manage asthma better. If your child is old enough, let him or her help create the plan.

The plan should include information about:

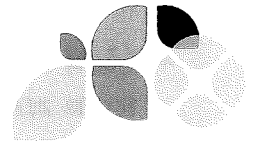
1. Medicines

- Which medicines should my child take?
- When should my child take his or her medicines?
- How should my child take his or her medicines?



TIP

Make sure your child's teacher, coaches, school nurse, and daycare workers have a copy of your child's asthma action plan. This will help them know what to do if your child has asthma symptoms while at school or daycare.



Provided as an
educational resource
by Merck

Continued from other side

2. Triggers

- What are my child's triggers?
- How can my child reduce contact with his or her triggers?

3. Keeping track of symptoms

- Does my child need a peak flow meter?
- How can I tell if my child's symptoms are getting worse?

4. What to do in an emergency

- What should my child and I do if his or her symptoms are getting worse?
- When should I call the health care provider?
- When should I take my child to the emergency room?

5. Who should be contacted

- Are my child's name and my name on the asthma action plan?
- Are the names and phone numbers listed for family or friends who should be called in case of emergency?
- Is the health care provider's name and phone number listed?

