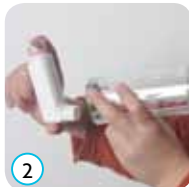


# Using a Spacer

If you use a metered dose inhaler (MDI), a spacer will help get the correct dose of medication into your lungs. Ask your doctor about a spacer. If you don't already have one, you need one. Spacers increase your medication's effectiveness by up to 50%.

- 1 shake the inhaler well (holding it upright)
- 2 fit the inhaler into the opening at the end of the spacer
- 3 seal lips firmly around the mouth piece  
- press the inhaler once only
- 4 take 1–6 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths.  
- remove the spacer from your mouth
- 5 repeat steps 1-4 for further doses.

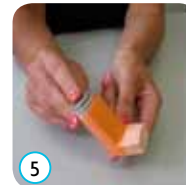


# Cleaning your MDI

All MDIs (Metered Dose Inhalers) need to be washed weekly. Here is how to wash and dry an MDI.

- 1 remove the plastic mouthpiece cap
- 2 remove the metal canister (don't put it in water)
- 3 rinse the mouthpiece and cap under warm water for at least 30 seconds
- 4 shake off any excess water and dry the mouthpiece and cap thoroughly
- 5 put the metal canister back in, and replace cap.

Check the manufacturers' instructions for any special instructions for your type of inhaler.



Wash your spacer once a week with warm water and dishwashing liquid. **DO NOT RINSE.** DRIP DRY to ensure that your medicine gets into your lungs and doesn't stick to the sides of the spacer.

# Child Asthma Plan

See your doctor for an influenza vaccination every March



This Asthma Action Plan belongs to:

Name: \_\_\_\_\_

Date Prepared: \_\_\_/\_\_\_/\_\_\_

Doctors Signature: \_\_\_\_\_

Plan to be reviewed when treatment changed

### ASTHMA SYMPTOMS

### WHAT TO DO

### ALERTS



WELL

#### ASTHMA IS **WELL** CONTROLLED WHEN:

- there is no cough or wheeze
- play or behaviour is the same as other children
- reliever inhaler is used less than 3 times per week

Preventer	puffs	morning and night every day
Reliever	puffs	as needed
Symptom controller	puffs	morning and night every day
Exercise management	puffs	5 – 10 minutes before exercise
Emergency Reliever		

Use preventer and symptom controller inhalers, if prescribed every day **even when well**

If reliever is used **regularly** more than 3 times per week see your doctor

Always use a spacer



WORSE

#### ASTHMA IS GETTING **WORSE** WHEN:

- child is getting a cold
- occasional cough or wheeze at night
- cough or wheeze when child is excited or playing
- needing reliever inhaler to control asthma symptoms

Continue to use your preventer/symptom controller every morning and night.

Plus take your reliever inhaler.

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If not improving within 4 hours of taking reliever inhaler or symptoms worsen move to **worried** zone

If no better after 1-2 days see your doctor:

Phone:

**However, If not improving within one hour of taking reliever inhaler move to Emergency zone**



WORRIED

#### ASTHMA IS **WORRYING** WHEN CHILD IS WORKING HARD TO BREATHE:

- breathing is faster than usual
- “sucking in” around ribs/throat (tip: remove clothing and LOOK at chest/tummy)
- change in normal behaviour e.g. tired, miserable, irritable, quiet

Take 6 puffs of emergency reliever inhaler via a spacer – child to take 6 breaths for each puff

- if needed more than every four hours see a doctor **today**
- if needed more than every two hours see a doctor **now**

Other instructions:

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EMERGENCY

#### **DIAL 111** FOR AN AMBULANCE WHEN:

- reliever is not working
- child is finding it hard to speak, cry or feed
- child is blue or pale
- parent or child is frightened

While waiting for the ambulance: Keep child calm and sitting upright

Give 1 puff of emergency reliever:

via a spacer — child to take 6 breaths for each puff. Repeat 6 times.

Repeat every 6 minutes until ambulance arrives.