

INFORMATION LEAFLET FOR PARENTS / CARERS OF A CHILD

Asthma Plan

For children under 6 years old



Devices are age banded; Yellow devices- 0-18 months/ Orange Aero-chamber: 1- 5 years

Should only be used when child is awake.

1. Remove the protective cap from the inhaler.
2. Shake the inhaler. Insert the inhaler into the back piece of the chamber.
- 3 Place the mask over the mouth and nose, ensuring there is a good seal
4. Press the inhaler. The child should take 5-6 breaths through the aero-chamber.

The brightly coloured flow indicator will move slightly as the child breaths in and out.

Only one puff of medication should be delivered at a time. For additional doses of the inhaler repeat steps 2-4



Cleaning (needs to be replaced 9-12 monthly)

- To reduce static the aero-chamber should be cleaned weekly.
- The facemask may however need more frequent cleaning.
- Remove the back piece only and remove the mask to wash
- Leave the pieces to soak in warm water with some washing up liquid for 15 minutes
- Do not wipe or rub any part of the inhaler. Rinse with clean water, shake out any excess water and leave to air dry in a vertical position.
- Reassemble parts when fully dry.
- If the valves are damaged, replace the aero-chamber.

For further information and demonstrations on inhaler devices: www.asthmasociety.ie

General Paediatric Team

December 2020





My Asthma Medicine

1. My Controller inhaler is
2. Colour.....
3. I takepuff/s of my preventer / controller in the morning andpuffs in the evening.

My Controller benefits my lungs by reducing inflammation, swelling and mucus

1. My oral controller is.....
2. I take my Controller medicine all the time even when well.
(Don't forget to rinse mouth/wipe face after using Controller)

1. My Reliever Medication is.....
2. Colour.....

ALWAYS USE SPACER DEVICE WHEN USING INHALERS

My Asthma Action Plan

My Asthma Action Plan		
Orange Zone	Green Zone	Red Zone
Feeling Unwell	Feeling Well	Feeling Worried
I cough or wheeze and it is hard to breath	Feeling well, no symptoms	My reliever is not helping
I am waking at night because of my asthma	I have no cough	I am finding it hard to breathe and / or talk or feed
I cough or wheeze when I play	I play just like other children	I am breathing hard and fast
I need to use my reliever inhaler to control my asthma more than two times a week	I use my reliever less than 2 times a week	I am sucking in around my ribs / throat
I continue to take my controller inhaler every day	I take my Controller Inhaler EVERY day.	I am looking pale or blue
I may need to start my reliever inhalerpuffs/every 4 hours via the Spacer Device .	I may need the reliever if I have a cough or wheeze or chest tightness	My reliever is having little or no effect
If my symptoms are not improving or getting worse, contact GP or Emergency Department	2 puffs via spacer Device	I need to take one puff of my reliever inhaler every 30-60 seconds – up to a total of 6 puffs.
		Take slow and steady breaths
		Stay Calm and seek URGENT medical advice. GP or Emergency Department

