



Managing Asthma in the Child Care Setting

If a child exhibits any one of these signs:

- Cough when the child has no cold
- Mild wheeze
- Complains of a tight chest
- Unexplained irritability if the child is too young to talk
- First signs of a cold

Then...

- Stop, sit and calm the child.
- Follow the child's Asthma Action Plan or individual physician plan.
- If no improvement in 15 – 20 minutes, call parents.

If symptoms progress to...

If a child exhibits any one of these signs:

- Breathing hard and fast
- Nostrils flared
- Ribs show
- Difficulty talking
- Lips or fingernails turn gray or blue

Then...Call 911 and notify parent.

Follow emergency instructions on Asthma Action Plan or individual physician plan.