

If your child

- has blue lips
- or is unresponsive or very irritable
- or is struggling to breathe
 - pulling in of the chest or neck muscles
 - using tummy muscles
- or has unusually long pauses in breathing
- or has an irregular breathing pattern
- or is unable to swallow or is drooling
- is too breathless to feed or speak
- is unable to take fluids
- is pale, drowsy, weak or quiet breathing

If your child has any one of these features

- Appears to be getting worse or you are worried
- Restless or irritable
- Increased difficulty in breathing such as
 - Rapid breathing
 - Taking more effort to breathe
 - Flaring of nostrils
- Temperature of 39°C despite paracetamol and/or ibuprofen
- Becoming unusually pale
- Reduced fluid intake by half usual amount
- Passed urine less than twice in 12 hours
- Vomiting
- mild wheeze and breathlessness not helped by usual reliever (blue inhaler)

If none of the features in the red or amber boxes above are present

If your child is using their reliever more than usual or more than 3x/week but is;

- not breathing quickly
- able to talk in full sentences
- can continue doing daily activities



YOU NEED EMERGENCY HELP CALL 999

- You need to be seen at the hospital Emergency Department
- If you have a blue inhaler use it now, 1 puff per minute via spacer UNTIL AMBULANCE ARRIVES
- Keep child sitting up and try to remain calm



SEEK MEDICAL ADVICE TODAY

- Please call your GP surgery, or, if it is closed call NHS 111
- Increase blue inhaler to 10 puffs and repeat every 4 hours via a spacer



SELF-CARE

- Needs a medical review within the next 48-72 hours
- Continue to use your blue inhaler as required
- If you feel you need more advice, please contact your local pharmacy, Health Visitor or GP surgery.
- You can also call NHS 111 for advice.

Post-attack plan

Your child should now be improving as a result of the steroid medication they have been given. The need for salbutamol (the blue reliever inhaler, used with a spacer) should be reducing.

- **Take the preventer medication as prescribed by the health professional, according to your personalised asthma action plan.**
- **Take the blue reliever inhaler as needed if your child has any symptoms (these include wheeze, chest tightness, shortness of breath, cough and difficulty breathing).**
Give 2 puffs, one at time and wait 2 minutes, repeat if necessary until you have given up to 6 puffs. The symptoms should have disappeared. The effects should last for at least 4 hours.
- **If your child needs the blue reliever inhaler more than every four hours, your child's asthma attack is not controlled and you need to take emergency action now.**
Take up to 10 puffs and seek urgent medical attention either by arranging an urgent appointment with your GP or if it is closed call 111.
- **If your child is having difficulty breathing not relieved by 10 puffs of salbutamol or is requiring repeated doses of 10 puffs you should call 999.**

Important

Your child should have a review within 48 hours of discharge from hospital to review their progress. A full review of their asthma management should take place within 4 weeks of discharge.