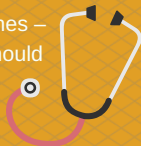


# Take CONTROL of your child's asthma!

## 1

### Make an Asthma Action Plan with your doctor.

Asthma action plans usually talk about 2 different kinds of medicines – one that has to be taken every day (**a controller**) and one that should only be taken when there are symptoms (**a reliever**).



## 2

### Understand your child's Asthma Action Plan.

Understanding the difference between controller and reliever medicines can mean the difference between **going to the hospital or not**. If you don't feel confident that you understand the difference, your doctor will be happy to help.



## 3

### Help your child take their asthma medication.

If your child has been prescribed a controller medicine, be sure they take it **every day**.



Make sure that your kid's teachers, family members, and babysitters understand the asthma action plan!

The image shows a detailed Asthma Medication Administration Form (AMAF) with various sections for patient information, medication details, and school nurse/doctor signatures.

## 4

### Talk to the doctor about how to get asthma medication in school.

Your child's doctor should know if there is a special form to fill out and bring back to the school nurse. In NYC, you can have your child's doctor fill out an **Asthma Medication Administration Form**. Make sure to bring it back to your child's school nurse after you and your doctor sign the form.

### If your child has asthma symptoms...

Start taking the reliever medicine (like albuterol, ventolin or proAir) **immediately**.

Starting medicine **early** and **regularly** during flares can stop an asthma attack before it even starts.

**Always use the reliever** if your child is having trouble breathing.

**Keep giving the controller** during an attack.

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