Take CONTROL of your child's asthma!

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**).

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.

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

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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. Help your child take their asthma

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

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.



