



Asthma in Children

Asthma can narrow or swell airways, making it harder to breathe. Symptoms sometimes worsen suddenly in what's known as an "asthma attack." Breathing can become even harder when asthma is combined with respiratory illnesses such as COVID, Influenza, and RSV.

As parents and family members, we can help keep kids' asthma in check. By making sure children take the medicine they need, stay away from common triggers, and avoid illnesses, we can help them breathe easier.

Learn More About Asthma



Triggers:

- Dust mites
- Mold
- Smoke
- Pollution
- Pet fur
- Pollen
- Perfumes and cleaning supplies with strong smells



Symptoms:

- Coughing
- Shortness of breath
- A whistling or wheezing sound when breathing out
- Chest congestion and tightness



Medications:

- Quick-relief medications, such as bronchodilator inhalers
- Controller medications, such as steroid inhalers

Asthma and Respiratory Illnesses

Asthma can worsen respiratory illnesses such as COVID, Influenza, and RSV. To help protect themselves and those around them, families can:

- Wash their hands frequently with soap and running water for at least 20 seconds
- Use an alcohol-based hand sanitizing rub (must contain at least 60 percent alcohol)
- Avoid people who may be sick
- Wear a clean cloth mask when going outside, if they have no trouble breathing (age 2 and older)
- Frequently clean surfaces others may have touched, such as door knobs and light switches
- Stay home when sick



Tips for Parents and Families

Here are some tips to help control asthma in children:

Know Your Child's Asthma Zones:

	😊 Safe Zone	😐 Caution Zone	😞 Danger Zone
Symptoms	<p>Breathing is easy</p> <p>No cough or wheeze</p> <p>Can do schoolwork and play</p> <p>Can sleep all night</p>	<p>Cough or wheeze</p> <p>Tight chest</p> <p>Shortness of breath</p> <p>Problems sleeping, doing schoolwork, or playing</p>	<p>Very short of breath</p> <p>Medication is not helping</p> <p>Breathing is fast and hard</p> <p>Lips or fingernails are gray or blue</p>
What To Do	<p>Your child should continue to take asthma controller medications as prescribed</p>	<p>Your child should continue to take asthma controller medications as prescribed</p> <p>Take quick-relief medications as prescribed</p> <p>Discuss with your child's doctor which medications are rescue versus daily inhalers</p>	<p>Your child should continue to take asthma controller medications as prescribed</p> <p>Take quick-relief medications as prescribed</p> <p>Call 911 or go to the emergency room if your child is having severe trouble breathing</p>



Make an Asthma Action Plan:

Work with your child and your child's provider to make an asthma action plan. This is a written document that clearly tells you how to treat your child's condition and how to respond quickly to an asthma attack. Having a clear asthma action plan could save your child's life. A printable sample is available at health.ny.gov/publications/4850.pdf.



Get Rid of Asthma Triggers:

Keep your child's bedroom free of common asthma triggers such as pollen, dust, and pet fur. Wash all sheets, blankets, and pillowcases in hot water once a week.



Keep an Eye on the Conditions Outside:

Extremely hot or cold weather can worsen asthma symptoms. Parents should also watch for pollen and mold counts, and avoid peak days.



Every Child Healthy is a program developed by the New York State PTA and Fidelis Care. We're working together to support healthier families, schools, and communities.

To learn more, visit:
fideliscare.org/everychildhealthy
 or nyspta.org.