

### 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**

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.