

# Asthma Action: Recognize & Respond



## Early Warning Signs

### What to look for:

- Fatigue or weakness
- Itchy chin or throat
- Watery eyes
- Dark circles under eyes
- Stomachache or loss of appetite
- Short periods of coughing
- Change in activity tolerance

### What to do:

1. Follow the instructions in the green zone of the child's Asthma Action Plan.
2. Move the child away from any triggers.
3. Watch for more serious symptoms.
4. Report incident to parents and authorities as required by Maine Childcare Licensing Rules.



## Emergency Situation

### What to look for:

- Very short of breath
- Can't do usual activities
- Non-stop coughing
- Trouble walking or talking due to shortness of breath
- Skin pulling in at neck or between ribs
- Pale, blue, or gray lips and fingernails

### What to do:

1. Call 911.
2. Follow instructions in the red zone of the child's Asthma Action Plan.
3. Call parents.
4. Report incident to parents and authorities as required by Maine Childcare Licensing Rules.



## Serious Flare-Up or Attack

### What to look for:

- Increase in coughing or wheezing
- Tightness in chest
- Shortness of breath

### What to do:

1. Keep child calm. Help them breathe slowly and sit up straight to open airways.
2. Follow instructions in the yellow zone of the child's Asthma Action Plan.
3. Move the child away from any triggers.
4. Call parents to pick up child. Encourage them to speak with child's doctor or nurse.
5. Continue to monitor child closely for effectiveness of treatment(s) even if symptoms improve. If symptoms do not improve or worsen follow the red zone of the child's Asthma Action Plan.
6. Report incident to parents and authorities as required by Maine Childcare Licensing Rules.

For more information about asthma prevention and control call **(207) 287-7302**.

