

Inhalers and Spacers for Young Children

Controller Medications

Controller medications are used EVERY DAY even if your child feels well to help prevent mucus and asthma attacks. Provide child water to drink and wash face after each use. Always use with a spacer.



Flovent® HFA



QVAR® ReditHaler

Rescue Medications

These fast-acting medications help to relax tight muscles in the lungs and make it easier to breathe. Use this medication when your child is breathing hard, your child is coughing or wheezing, or your child is in the yellow or red zone. Always use with a spacer.



ProAir® HFA



Proventil® HFA



Ventolin® HFA



Xopenex® HFA

Examples of Patient Self-Help Tools

A sample Asthma Action Plan form. It includes fields for patient information (Name, DOB, Date, Emergency Contact, Phone number, Doctor's Name, Pharmacy) and a table with three zones: Green (Control), Yellow (Caution), and Red (Emergency). Each zone lists symptoms, peak flow ranges, and specific actions to take, including when to call the doctor or go to the hospital.

Asthma Action Plan



Spacer

Inhaladores y espaciadores para niños pequeños

Medicamentos de control

Los medicamentos de control se utilizan TODOS LOS DÍAS inclusive si su hijo se siente bien para prevenir los ataques de mocos y asma. Déle agua a su hijo(a) para beber y enjuague la boca de su hijo(a) después de cada uso. Siempre use con un espaciador.



Flovent® HFA



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Medicamentos de rescate

Estos medicamentos de acción rápida ayudan a relajar los músculos tensos en los pulmones y facilitan la respiración. Use este medicamento cuando su hijo tenga dificultad para respirar, está tosiendo o jadeando o si su hijo(a) está en la zona amarilla o roja. Siempre use con un espaciador.



ProAir® HFA



Proventil® HFA



Ventolin® HFA



Xopenex® HFA

Ejemplos de herramientas de auto ayuda para los pacientes

Asthma Action Plan for _____ DOB: _____
Emergency Contact: _____ Phone number: _____ Date: _____
Doctor's Name: _____ Phone number: _____ Pharmacy: _____

ALLERGY HISTORY
 Food: _____
 Medication: _____
 Latex: _____
 Insect: _____

Asthma Triggers:
 - Tobacco smoke
 - Air pollution
 - Cold/flu season
 - Strong odors or smells
 - Change in temperature
 - Dust, mold, pollen, cockroaches
 - Exercise
 - Other: _____

Peak Flow (L/min)

CONTROLLED - Green
 - Breathing is good
 - No cough or wheeze
 - Can play and work
 - Peak Flow _____ (80-100% of best)

CAUTION - Yellow
 - Coughing (may be worse at night or with exercise)
 - Wheezing
 - Chest tightness
 - Peak Flow _____ (50-80% of best)

EMERGENCY - Red
 - Breathing hard and fast (shortness of breath)
 - Wheezing
 - Peak Flow _____ (50-80% of best)

Plan de acción de Asma



Espaciador