

Nebulizers for Young Children

Controller Medications

Controller medications are used EVERY DAY even if your child feels well to help prevent mucus and asthma attacks. Rinse child's mouth after use and wash face where mask was.



Pulmicort Respules

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.



Xopenex Nebulizer Solution



Albuterol Nebulizer Solution

Examples of Patient Self-Help Tools

Asthma Action Plan for _____		DOB: _____
Emergency Contact: _____ Phone number: _____		Date: _____
Doctor's Name: _____ Phone number: _____		Pharmacy: _____
CONTROLLED - Green • Breathing is good • No cough or wheeze • Can play and work Peak Flow: _____ (90-100% of best) 	Asthma Triggers: • Stress or anxiety • Allergens (dust, pollen, mold, pet dander, etc.) • Cold/flu season • Exercise • Scented candles or incense • Other: _____ Peak Flow (best): _____ Best time: _____	Last Fill: _____
CAUTION - Yellow • Coughing (may be worse at night or with exercise) • Wheezing • Chest tightness Peak Flow: _____ (80-90% of best) 	1. Take your RESCUE medication and continue your CONTROL medication. Rescue Medication: _____ How much as told: _____ If run as told: _____ • 2 puffs by inhaler • 4 puffs by nebulizer • Use spacer if available • By nebulizer 2. Call your doctor if you need rescue medication for more than 14 hours or 2 times a week. 3. Always check for improvement in symptoms and re-test peak flow meter 10-15 minutes after using rescue medication. Continue to follow plan.	
EMERGENCY - Red • Breathing hard and fast (chest may feel tight) • Coughing • Lips or face turn blue • Sinking in of skin between ribs and neck (heaving) • Grogginess • Grey or blue lips or fingernails Peak Flow: _____ (60% or less) 	1. Take your RESCUE medication and continue your CONTROL medication. Rescue Medication: _____ How much as told: _____ If run as told: _____ • 2 puffs by inhaler • 4 puffs by nebulizer • Use spacer if available • By nebulizer 2. Call your doctor or _____ while giving rescue medication. 3. If you cannot contact your doctor or get relief, call 911 or go directly to the Emergency Department.	

Asthma Action Plan



Air Compressor with Nebulizer Set-Up for Mouthpiece



Air Compressor with Nebulizer Set-Up for Mask

Nebulizadores 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. Enjuague la boca de su hijo(a) después de su uso y lave la cara en el lugar de la máscara.



Pulmicort Respules

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.



Solución Nebulizante Xopenex



Solución Nebulizante Albuterol

Ejemplos de herramientas de auto ayuda para los pacientes

Asthma Action Plan for _____		DOB: _____	
Emergency Contact: _____		Date: _____	
Doctor's Name: _____		Pharmacy: _____	
GREEN - Go! Breathing is good No cough or wheeze Can play and work Peak Flow: _____ (80-100% of best)	1. Take your BLUE/WHITE medicines and continue your CONTROL medicines. Rescue Medication: _____ Albuterol: _____ 2. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor.	2. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor. Rescue Medication: _____ Albuterol: _____ 3. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor.	3. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor. Rescue Medication: _____ Albuterol: _____ 4. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor.
CAUTION - Yellow Coughing (may be worse at night or with exercise) Wheezing Chest tightness Peak Flow: _____ (60-80% of best)	1. Take your BLUE/WHITE medicines and continue your CONTROL medicines. Rescue Medication: _____ Albuterol: _____ 2. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor.	2. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor. Rescue Medication: _____ Albuterol: _____ 3. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor.	3. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor. Rescue Medication: _____ Albuterol: _____ 4. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor.
EMERGENCY - Red Breathing hard and fast (chest may be sore) Blue lips or nail beds Sinking in of ribs between chest and neck (heaving) Coughing Grey or blue lips or fingernails Peak Flow: _____ (<60% of best)	1. Take your BLUE/WHITE medicines immediately and get help! Rescue Medication: _____ Albuterol: _____ 2. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor.	2. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor. Rescue Medication: _____ Albuterol: _____ 3. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor.	3. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor. Rescue Medication: _____ Albuterol: _____ 4. If you need more rescue medication for more than 14 hours or 2 times a week, call your doctor.

Plan de acción de Asma



Compresor de aire con nebulizador para boca



Compresor de aire con nebulizador con máscara