

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

Good asthma control checklist

Achieving and maintaining good asthma control for your child

- Have an up to date Asthma Action Plan for your child
- Ask your child's asthma doctor to explain how to use the plan
- Make an appointment with your child's asthma doctor every 3-6 months even if they have been well with their asthma
- Take your child's asthma medicine delivery device/s and asthma action plan with you at every visit so that device technique can be checked and plan updated if needed
- Keep an asthma symptom diary to show to your child's asthma doctor at each visit
- Ensure your child continues to take their asthma medications as prescribed - only stop them on your child's doctor's advice

Warning signs of worsening asthma – Seek medical review ASAP

- Night time coughing or wheezing
- Early morning coughing or wheezing
- Child unable to participate in usual activities without wheezing, coughing, or becoming short of breath
- Needing to use reliever medicine on more than 2 days per week (excluding for exercise)
- Needing to use reliever medicine every 3-4 hours

When to call an ambulance

- Needing to use reliever more frequently than every 2 hours
- Child is distressed and anxious
- Child is sucking in at the throat and ribs when they breathe
- Child has a bluish tinge to the lips
- Child is unable to talk due to breathlessness
- If you have concerns or doubts

Remember:

- Have your child's asthma control reviewed regularly
- Know the signs of poor asthma control
- Good asthma control is achievable
- For more information on children and Asthma, download the "[Asthma and your child: Resource pack](#)"