**Steps to Follow for an Asthma Episode in the Child Care Setting**

**EARLY WARNING SIGNS**

• Cough, chest hurts, wheezing
• Changes in behavior: unusually tired, not wanting to play, restlessness, trouble sleeping
• Drop in peak flow
• Exposure to known triggers that result in symptoms

**LATE WARNING SIGNS of an emergency**

• Chest/neck muscles are working hard
• Struggling to breathe
• Trouble walking or talking
• Breathing or peak flow rate does not improve or is worse after treatment
• Lips/fingernails are gray or blue

**CALL 911 IMMEDIATELY**

• Follow the Actions to Take listed above
• Watch the child until help arrives

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**ACTIONS TO TAKE**

1. Stop activity
   Help child to an UPRIGHT position
   Remove from trigger if possible

2. Follow Asthma Action Plan or health care provider’s instructions for use of reliever medication

3. Look for improvement

4. Document in Medication Record

5. Contact the family

6. Watch for Late Warning Signs as listed below

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Visit www.pacnj.org
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Information in this publication is not intended to diagnose health problems or take the place of medical advice. For asthma or any medical condition, seek medical advice from your child’s or your health care professional.

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