Steps to Follow When a Child’s Asthma is Getting Worse in the Child Care Setting

**EARLY Warning Signs**

Any of the signs listed below can mean the child’s asthma is getting worse:

- Coughing
- Wheezing
- Complains that chest or stomach hurts

Changes in behavior:

- Unusually tired
- Not wanting to play
- Restlessness
- Trouble sleeping

**ACTIONS To Take**

- Stop activity
- Help child to an UPRIGHT position
- Follow the child’s Asthma Treatment Plan or health care provider’s instructions for use of fast acting medication
- Look for breathing to improve
- Watch for Late Warning Signs as listed below
- Contact the family
- Document in the Medication Record Log

**CALL 911 Immediately**

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

- Follow the Actions to Take listed above
- Stay with the child until help arrives

TO LEARN MORE:
Visit www.pacnj.org or call 866-PACNJ-88 (866-722-6588)