

# 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

## LATE Warning Signs of an Emergency



## 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



The Pediatric/Adult Asthma Coalition of New Jersey, sponsored by the American Lung Association in New Jersey. This publication was supported by a grant from the New Jersey Department of Health and Senior Services, with funds provided by the U.S. Centers for Disease Control and Prevention under Cooperative Agreement 5U59EH000491-03. Its content are solely the responsibility of the authors and do not necessarily represent the official views of the New Jersey Department of Health and Senior Services or the U.S. Centers for Disease Control and Prevention. Although this document has been funded wholly or in part by the United States Environmental Protection Agency under Agreement XA97250908-4 to the American Lung Association in New Jersey, it has not gone through the Agency's publications review process and therefore, may not necessarily reflect the views of the Agency and no official endorsement should be inferred. 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.

**TO LEARN MORE:**  
Visit [www.pacnj.org](http://www.pacnj.org)  
or call 866-PACNJ-88  
(866-722-6588)