



Asthma in Kids

Helping your child have a normal life

Asthma can be hard for kids to handle on a daily basis. Asthma that is not controlled can cause kids to miss school and parents to miss work. It can keep kids from playing sports or other activities. It can also put kids in the hospital. Here are some ways to control your child's asthma and keep him or her healthy.

Four ways to control asthma

- 1 Avoid things that can start an asthma attack.**
Harmful irritants to the lungs are cigarette smoke and other forms of smoke inhalation. Car exhaust, fumes and very cold air can also irritate the lungs causing an asthma attack. Allergies, as well as colds, the flu and other illnesses can also cause an attack. When asthma is properly controlled, exercise participation is possible and less likely to cause an attack. Talk to the doctor about exercise that is right for your child and how to avoid attacks.
- 2 Your child may be given medicine for the asthma.**
Some medicines are taken daily so your child does not get an asthma attack. These medicines are often called "controller meds." Some medicines are taken only if an asthma attack happens. These medicines are often called 'rescue meds'. Your child may need one or more medicines to control asthma.
- 3 Make an asthma management plan.**
This plan describes what medicines your child should take and when. This plan should be given to your child's school, day care, sports group, and anyone else who spends time with or cares for your child.
- 4 Schedule regular visits with your child's doctor.**
Your doctor will make sure the asthma is controlled and that you have a good asthma management plan. Your doctor may change medicines or the management plan.

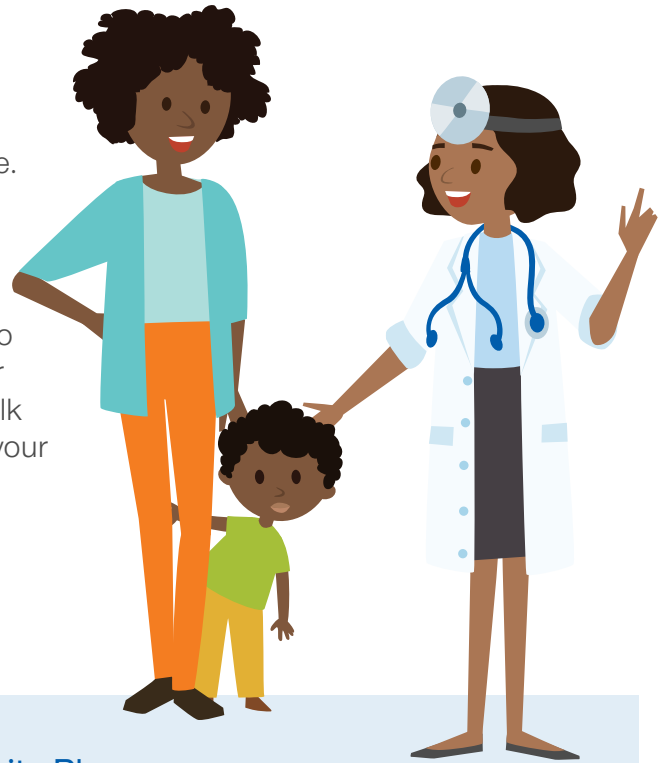
When it is an emergency

An asthma attack can be very serious. Giving your child medicine at home may help. But if you see any of these signs, get medical help right away:

- Lips or face looks blue.
- Child seems sleepy or confused during the attack.
- Breathing is very difficult.
- Child is anxious or upset because he or she can't breathe.
- Pulse is very fast and child is sweating.

Work with your doctor

Even with asthma, kids can have a normal life. They can go to school, play with their friends and be active in sports or other activities. Use these ideas to manage your child's asthma. Talk to your doctor to know what can cause an asthma attack in your child. If asthma does limit your child's exercise and physical activity, tell your doctor right away.



For information on UnitedHealthcare Community Plan:



Call Member Services at
1-866-270-5785, TTY 711



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Community Plan

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-5785, TTY 711.

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