Pinch of Prevention
Asthma – Take Action!

Updated: October 2014
CINCH is a community partnership to improve children’s health in Hampton Roads.
ASTHMA, long-term disorder of the airways that cause 3 primary changes in the lungs:

1) Swelling of the lining of the airways
2) Tightening of the airways
3) Excess mucus is produced that further narrows the airways
Triggers

- **Behaviors**
  - Emotions
  - Exercise-induced
- **Irritants**
  - Smoke
  - Dust/Chalk Dust
  - Weather
  - Aerosols, Strong Odors & Fumes
- **Infections**
  - Colds
  - Flu
- **Allergens**
  - Pets
  - Cockroaches
  - Dust Mites
  - Mold & Yeast Spores
  - Pollens
  - Foods
Common Symptoms of an Asthma Attack

- Wheezing
- Coughing
- Shortness of breath
- Chest tightness
- Sunken chest / throat
- But every person is different!
What to do During an Asthma Attack

- Remain Calm
- Stop all physical activity
- Remove person from exposure to triggers
- Follow Asthma Action Plan!!
- Do NOT leave person alone
- Communicate with emergency contacts
Medications

- **Quick Relief Medicines**
  - Relax airway muscles quickly
  - Should be with person at all times
  - To be taken in emergencies

- **Controller or Prevention Medicines**
  - To be taken 2 x daily
  - **Do not** provide relief during asthma attack
Asthma Action Plan (What is it??)

A form that helps to manage your child’s asthma by knowing:

- Your child’s asthma triggers
- Early warning signs
- What steps to take to keep symptoms from getting worse
- What medications to take & when
- Emergency contacts (parents/guardians, doctor)
- When to call 911
Where Can I Get One?

- You can get it from your:
  - Doctor
  - School nurse
- Fill it out with your doctor
- Give a completed copy to:
  - Your school nurse
  - Afterschool care/activities/sports director
  - Or anyone your child comes in contact with on a regular basis
  - Parents – be sure to keep a copy for yourself!
Take Action Now!

1. Visit your doctor regularly

2. Know your child’s medications and when to give them

3. Be sure your child has an up-to-date asthma action plan at school & whenever they are under the care of someone else
Questions?
For more information about asthma, you can contact your family doctor, pediatrician or the local chapter of the American Lung Association at 1-800-LUNGUSA.

You may also contact CINCH:
(757) 668-6426
CINCH@evms.edu

www.cinchcoalition.org