



# Goals for asthma treatment

## Triggers

Things that irritate (or bother) your child's airways are called triggers. Triggers make asthma flare up. Circle the triggers that make your child's asthma worse:



EXERCISE \_\_\_\_\_

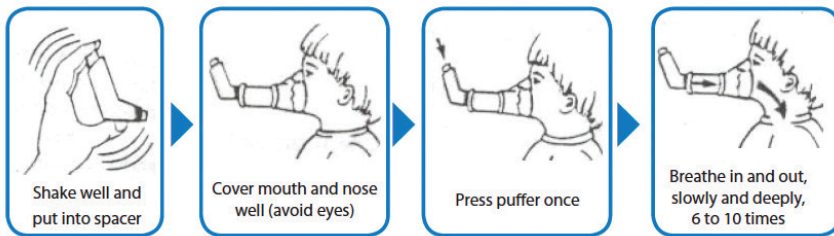
OTHER TRIGGERS \_\_\_\_\_

**Regular play and exercise is good for your child's health.** If your child has symptoms with exercise, it may mean that his/her asthma is not well controlled; see your action plan (other side) or see your practitioner or asthma clinic for advice.

## Knowing and using your child's device

Your child should use a Spacer with Mask and a Metered Dose Inhaler (Puffer)

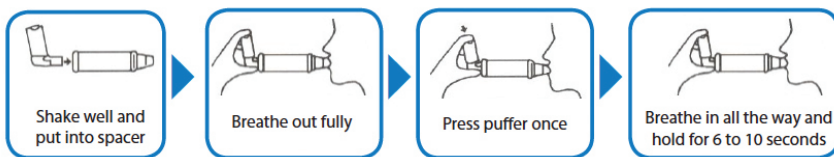
*Suggested age:* infant and child less than 5 years of age (or anyone unable to use a spacer with mouthpiece)



- If another puff is prescribed, wait 30 seconds
- Rinse mouth and wash face after use of preventer/controller

Your child should use a Spacer with Mouthpiece and Metered Dose Inhaler (Puffer)

*Suggested age:* 5 years and up, if they can follow instructions to breathe deeply



- If another puff is prescribed, wait 30 seconds
- Rinse mouth after use of preventer/controller
- If can't hold breath, can also breathe in and out 6-10 times

See [www.bcguidelines.ca](http://www.bcguidelines.ca) for more information, including the full guideline "Asthma in Children - Diagnosis and Management (2015)," translated action plans (available in Chinese and Punjabi), and fillable PDF versions of the action plans with drop-down medication menus.