



The Royal New Zealand College of General Practitioners



The Asthma and Respiratory Foundation of New Zealand (Inc.)
Te Taumatua Huangō,
Mate Ha o Aotearoa



Child Asthma Plan

How well is your child?

If frightened at any stage call 111.

Name _____

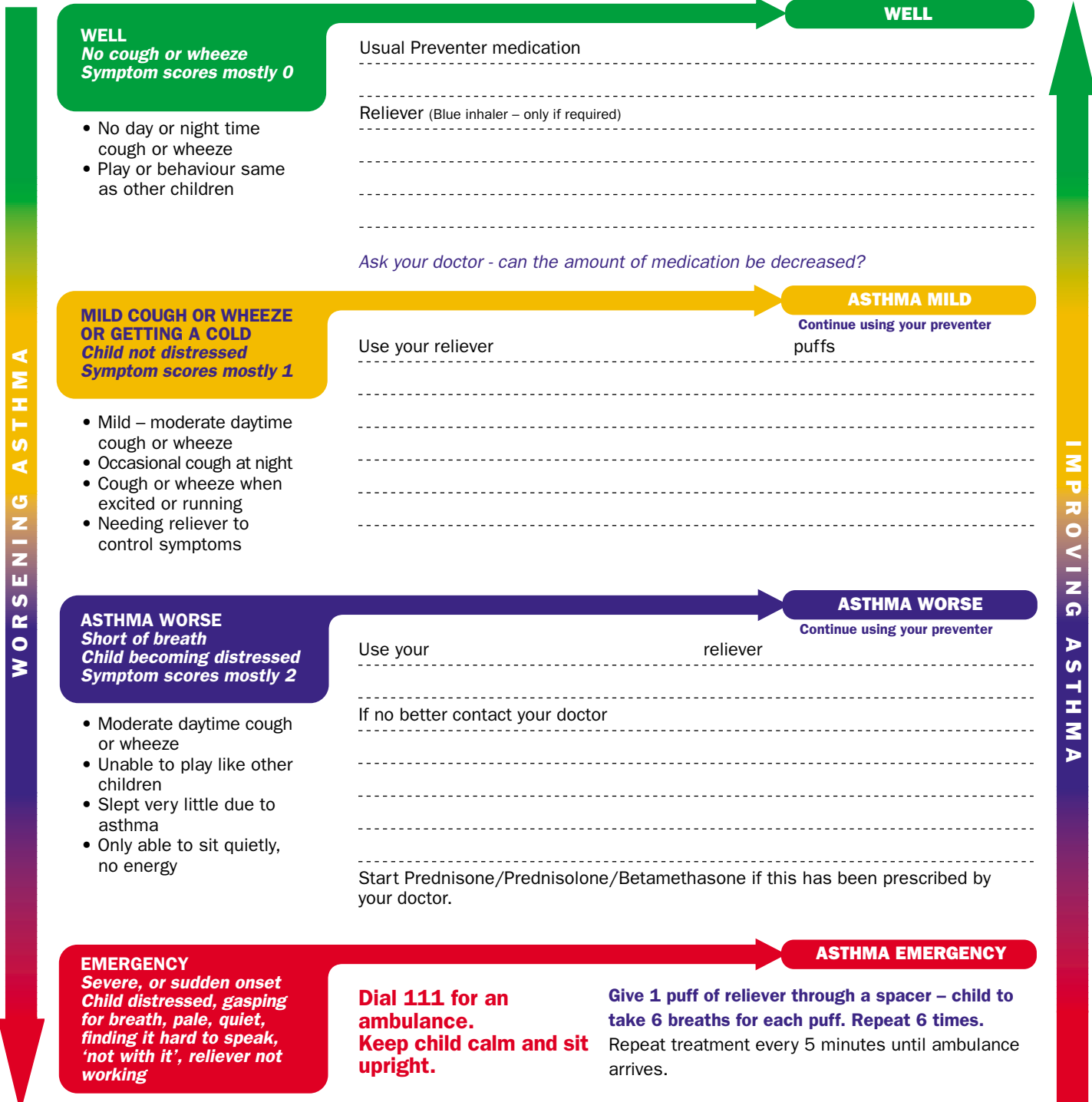
Doctor _____

This Plan issued / / _____

Expires and needs replacing on / / _____

What do I do?

Your health worker may need to vary these instructions to suit.





Child Asthma Plan

Helping people to breathe easier

The **Child Asthma Plan** may be used with a **Symptom Diary**, which is supplied separately.

Things (triggers) that make your child's asthma worse
(cigarette smoke, cats etc)

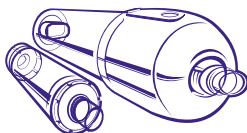
Comments

Horizontal lines for recording triggers.

Horizontal lines for recording comments.

Using a Spacer

Spacers are needed to help get the medication into the lungs. Ask your doctor about them if you don't already have one.



- 1 Fit the mask (for under 2 year olds or if necessary).
- 2 Shake the inhaler well (holding it upright).
- 3 Fit the inhaler into the opening at the end of the spacer.
- 4 Seal lips firmly round the mouthpiece, or place the mask so it seals around the nose and mouth.
- 5 Press the inhaler **once only**.
- 6 Hold in place until 6 slow normal breaths have been taken (watch or listen for valve movement).
- 7 Repeat these steps (1–6) for further doses.
- 8 Wash the spacer once a week with warm water and dishwashing liquid. **Don't rinse. Drip dry.** This reduces the electrostatic charge so that the medicine does not stick to the spacer sides.

Contact phone numbers

Horizontal lines for recording contact phone numbers.



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