

This is an EasyRead version of Wheeze Management Plan



Use this plan if
your child starts
to get wheezy or
short of breath.

Wheeze Plan For:

Name:

Date:

Nurse or doctor's name and contact details:

Inhalers and medicines:



Pre-school Wheeze



What is a pre-school wheeze?

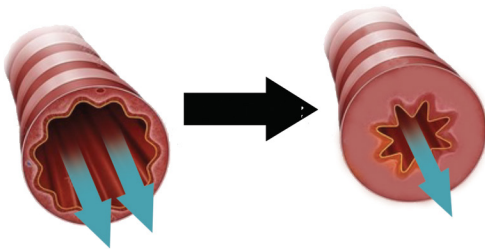
Lots of children get pre-school wheeze.



Pre-school wheeze can happen when your child has a cold.

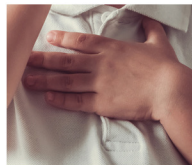


The cold is caused by a virus.



The virus can irritate the airways (the small tubes that carry air in and out of the lungs) and makes them swollen.

This means:



1. There is less space for the air to flow and this makes it harder to breath.



2. There is less space for the air to flow so it whistles (wheezes) when they breath out.



3. They cough.

How can I help my child?



You can not stop your child getting a virus.



Antibiotics will not help.



Inhalers and spacers can help a pre-school wheeze.



You must use the spacer with the inhaler or medicine in the inhaler will not get to the right place.



Smoking makes pre-school wheeze worse.



If you are a smoker, try and stop.

Asthma



Most children grow out of a pre-school wheeze.



A few children may go on to have asthma.

What to do



If your child is getting a cold start the plan as soon as you can.



Use the spacer.



Shake the inhaler.



Put it in the hole end of the spacer.



Put the mask over your child's nose and mouth.



Press the inhaler one time to make a puff.



Ask your child to breathe in and out 5 times or to breathe normally for a slow count to 10.



You will see the valve on the spacer move. There are different types of spacer and you will be given the right one for your child.



Keep doing this until you have given the right number of puffs.



Do not force your child.
If they are crying the inhaler will not work.



You can make it fun with silly songs or games.



If you are finding it hard to give your child their inhaler talk to your nurse.



Make sure your child rests and get lots of drinks.



Scan this QR code to watch a video of giving a child an inhaler.



Take empty inhalers back to the chemist.

Green Zone - Getting a cold

Your child is in the Green Zone if they:



- Have a cold.



- Make a whistling noise (wheeze) when they breath.



- Find it a little hard to breathe.



- Can still play and go to nursery.

What to do if your child is in the green zone.



Give 2 puffs from their blue inhaler through a spacer.
(see 'What to do' section)



Your child should now feel better.

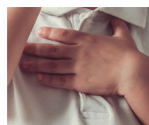


You can repeat this every 4 hours if needed.



You can do this for a few days but if they are not getting better you must see a doctor.

Important



If after 2 puffs your child is no better or the extra puffs do not last 4 hours:
Move to the **Amber Zone**

Amber Zone - Getting unwell

Your child is in the Amber Zone if they:



X 2



- are no better after 2 puffs of the blue inhaler through the spacer or are needing it more often than every 4 hours.



- are finding it a lot harder to breathe and are wheezy.



- don't feel able to run around or play as usual.

What to do if your child is in the amber zone.



X 2



Give 2 puffs from their blue inhaler and wait 10 minutes.
(see 'what to do' section)



X 2



If they are still not better you can keep giving 2 puffs every 10 minutes.



X 6



You can give up to 6 puffs as often as every 4 hours.



X 6



If your child needs 6 puffs as often as every 4 hours keep doing this but make an appointment to see a doctor within 24 hours.



X 6



Important

If your child is still unwell after 6 puffs move to the **Red Zone**

Red Zone

Your child is in the Red Zone if:



- They are no better after 6 puffs of their blue inhaler through the spacer.



- They need 6 puffs of the blue inhaler through the spacer more than every 4 hours.

What to do if your child is in the red zone.



- Give up to 10 puffs of the blue inhaler with the spacer. Give one puff at a time



- Make an appointment to see a GP TODAY or go to A and E.



- If your child needs another 10 puffs before the appointment get them seen in the next few hours.

If your child is:



- Getting tired.



- Not able to talk.



- Grunting or panting.



- Pale or grey or blue around the lips or face.



Call 999 for an ambulance and use the spacer to give 1 puff of the blue inhaler every 30 seconds until help arrives.