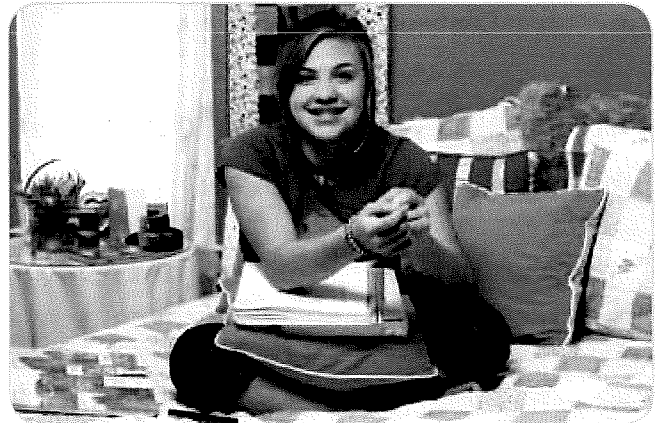


Are your child's asthma symptoms getting worse?

Sometimes your child's asthma symptoms are mild. They might go away on their own. They might only bother your child once in a while. But if your child's asthma symptoms seem to be happening more often or are getting worse, you should tell the health care provider right away.

If you say yes to any of these things, take your child to see the health care provider as soon as you can:

- In the last 2 to 4 weeks, have you noticed your child's asthma symptoms happening more often or becoming more serious?
- Do asthma symptoms bother your child at night and keep him or her from sleeping well?
- Is your child having trouble doing regular activities?
- Does your child miss school because of asthma symptoms?



- Is your child's peak flow number low compared to his or her personal best number?
- Does your child's peak flow number change a lot from day to day?
- Do your child's asthma medicines seem to not work as well as before?
- Does your child have to use his or her rescue medicine more than 2 days a week?

If your child's asthma symptoms are getting worse, call the health care provider right away. Set up a visit and take this list with you. It could help the health care provider better understand the cause of your child's symptoms and suggest changes to your child's treatment plan.



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Continued from other side

When should your child go to the hospital with an asthma attack?

Asthma attacks are serious and can be life-threatening. When asthma symptoms start, make sure your child takes his or her rescue medicine. Take your child to the hospital right away if his or her symptoms don't get better or if symptoms get worse.

Call 911 or get someone to take you and your child to the hospital right away.

TIP

Also make sure your child's other caregivers, such as daycare providers, teachers, and coaches, know what to look for and what to do in an emergency.

