

## Asthma in children

Asthma is a common condition in children. Common symptoms of asthma include:

- **Breathing problems** – Feeling out of breath, tightness in the chest or trouble speaking
- **Wheezing** – Breathing that sounds like whistles
- **Coughing** – This might happen at night or early hours of the morning, when the weather is cool or during exercise.

If a child you care for is having these symptoms, you should take them to a doctor to see if it might be asthma.

With the right treatment, nearly all children with asthma will be able to join in sport and lead active lives.



This brochure has also been translated into other languages.

Go to [cohealth.org.au/ICAM](https://cohealth.org.au/ICAM) to download or order free copies.

**You can get more information to help understand childhood asthma from these services.**



### Asthma Australia

Information about asthma management, triggers and how to live well.



### Royal Children's Hospital

Videos and fact sheets about asthma management.



### National Asthma Council Australia

Information and videos about how to manage asthma symptoms, including using asthma medications.



Free interpreter service available or call **131 450**

This is an initiative of the Improving Childhood Asthma Management (ICAM) – Inner West Program; funded by the Victorian Government and delivered in partnership with Asthma Australia, cohealth, National Asthma Council Australia, Royal Children's Hospital and Safer Care Victoria.



everyone is welcome at **cohealth**

# breathe easy



## Information for families about asthma, wheeze and breathing difficulties in Melbourne's Inner West

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**cohealth**  
care for all

# get help for childhood asthma

There are many services in Melbourne's Inner West that can help you to understand and manage childhood asthma.

## cohealth's Community Asthma Program

The Community Asthma Program (CAP) provides free asthma education and support for children (1- 17yrs) with asthma or wheeze. An asthma nurse educator works one on one with families to manage asthma.



You can book into this free program by calling **03 9448 6410** or by scanning this **QR code**.

## 1800 ASTHMA

You can speak to an asthma educator on the phone for free to help better understand and manage asthma.



Free call 1800 ASTHMA **1800 278 462** or book a call back by scanning this **QR code**.

## Doctor

Doctors can help manage and understand asthma symptoms, and let you know if a child has asthma.

A doctor can create an Asthma Action Plan for any child with asthma. This will tell you how to prevent and manage asthma episodes.

Children with asthma should see their doctor every six months for an asthma review to check how the asthma is being managed.

It is also important that children with asthma see their doctor if they have had asthma symptoms or a flare-up.



Find out more about Asthma Action Plans by **scanning the QR code**:

## Pharmacist

Ask a pharmacist how medications work and how to use them correctly. Pharmacists can check children's puffer techniques to make sure they are getting full dose of their medication.



Find a doctor or pharmacist near you by **scanning the QR code**.

## Asthma First Aid

If your child is having an asthma episode, follow the advice in your child's Asthma Action Plan, or follow the **4x4x4 asthma first aid steps**.



1. Sit the person upright



2. Give 1 puff of reliever puffer into the spacer



3. Take 4 breaths from the spacer

**Repeat these steps 4 times**



4. Wait 4 minutes

**If breathing does not return to normal**



5. Call triple zero (000)



6. Repeat steps **2-4** until ambulance arrives.

