

If Your Infant Has Asthma You Will Have To Take Extra Care

- The lungs of an infant do not function as efficiently as the lungs of an older child. As a result, a severe episode of asthma can quickly result in lung failure.

What To Do

- Follow the appointment schedule for checking on your infant's asthma. The doctor will want to see your child regularly even if he or she is not having symptoms.
- If your infant has asthma symptoms act quickly. Talk to your doctor about making an asthma control plan and follow this plan to for handling symptoms.
- Be prepared. Do not wait until the last minute to learn how to handle an emergency. Have an asthma emergency plan to get to the doctor or hospital that includes knowing *how you will get there, how much it will cost, and who will watch your other children.*
- Watch your infant closely for signs to seek emergency care. These signs include:



- ⊗ Breathing rate increases (to over 40 breaths per minute while the infant is sleeping). Count the number of breaths in 15 seconds and multiply by four.
- ⊗ Suckling or feeding stops.
- ⊗ Skin between the infant's ribs is pulled tight.
- ⊗ Chest gets bigger.
- ⊗ Coloring changes (pale or red face; fingernails turn blue).
- ⊗ Cry changes in quality-becomes softer and shorter.
- ⊗ Nostrils open wider (nasal flaring).
- ⊗ Grunting.

During An Asthma Episode DO NOT Do the Following:
Do not give your infant large volumes of liquids to drink; just give normal amounts.
Do not have your infant breathe warm, moist air (e.g., the mist from a hot shower).
Do not have your infant breathe into a bag held tightly over his her nose and mouth.
Do not give your infant over-the-counter antihistamines and cold remedies.