

Thriving with Childhood Asthma

What to know and what to do if your child has asthma

1 in 10 kids in British Columbia have asthma, making it the most common chronic disease among children. However, with the right prevention and management, children with asthma can live happy, healthy, active lives!



Know the Triggers

Triggers are things that irritate airways and cause asthma flare ups. Common triggers include:

- Smoke
- Virus
- Animal dander
- Pollen
- Dust mites
- Mold
- Strong smells
- Weather
- Emotions
- Air pollution

Know the Symptoms

Watch for the following asthma flare up symptoms:

- Wheezing
- Chest tightness
- Shortness of breath
- Coughing



Asthma Medication

Controller – reduces airway swelling and taken everyday to control asthma

Reliever – use as needed to open tight airways quickly. This is the rescue medication that helps in an asthma emergency (usually the blue inhaler).



Administration of the medication, including use of masks and spacers, depends on age of the child as well as other factors. Please speak with your doctor.

Develop an Asthma Action Plan



Asthma action plans help take control of asthma. Well-controlled asthma can reduce:

Asthma is the number one reason kids miss school.



- Urgent physician visits
- Missed school days
- Hospitalizations
- Emergency visits



Prevent Flare-Ups

Some ways to prevent asthma flare ups include:

- Practicing good hygiene
- Avoiding triggers
- Taking prescribed medication