

Nighttime Asthma Attack Plan (A Step Before Going to the Emergency Room)

In the event of your child's worsening asthma symptoms, there are a few steps you can take at home. * These can be done prior to calling the answering service or going to an emergency room. In most cases they will help get the attack under control.

1. Give an **albuterol neb** (dose per your plan) and do chest physical therapy if you have been taught.
2. Give a dose of **steroids** (*Orapred* or *Prednisone* per red zone in your asthma plan).
3. Give two more **albuterol nebs** (if your child is not better). These may safely be done back-to-back.
4. Call office answering service. If your child is still having difficulty breathing, the doctor will be paged.
5. If your child is better, you may be instructed to continue **albuterol nebs** throughout the evening. Our office will call to arrange appointment in the morning (if you haven't heard from us by 9:30am please call!).

* This protocol is not applicable if your child is cyanotic (blue discoloration of the lips or skin), is lethargic, can't talk normally, or has a fever (>101 degrees). Please give an **albuterol neb** and call the office answering service (or 911 for severe distress) for any of the above.