

Letter to Babysitter

The following can be given to your babysitter.

_____ has asthma. Normally, he/she is able to do all the activities that other children his/her age are able to do. However, please be aware that an asthma attack may occur.

This sheet is a list of what to look for and what to do in case _____ has an asthma attack.

Signs and Symptoms that asthma has been triggered:

1. COUGHING — Especially if it is persistent
2. WHEEZING — A high-pitched musical sound
3. RAPID BREATHING — More than _____ per minute
4. DIFFICULT OR IRREGULAR BREATHING
5. ANXIOUS OR SCARED EXPRESSION
6. HUNCHED OVER BODY POSITION — Shoulders coming up toward the ears
7. RETRACTING — A sucking in at the base of the neck or between the ribs with each breath.

If these symptoms appear, please do the following:

1. Be calm
2. Have _____ sit down
3. Try to get him/her to slow his/her breathing down
4. Get a glass of tap water, not too cold
5. Get _____ to sip the water.

If these measures do not stop the coughing, wheezing, or irregular breathing within five to ten minutes, or if the symptoms worsen, then follow these steps:

We are available at:

In the unusual event that we are not available and the symptoms are not coming under control within 30 minutes, or are getting worse:

Call Dr. _____ at:

The following medications are to be given at the times indicated in the amounts indicated:

1. _____ at _____ AM/PM
2. _____ at _____ AM/PM
3. _____ at _____ AM/PM
4. _____ at _____ AM/PM