

It is common for some children to cough, wheeze, have some difficulty in breathing or have a rattly chest during or after a cold. A cold is often called a viral upper respiratory tract infection (URTI) by medical and nursing staff.

Just because your child has had a wheezy episode during an URTI it does not mean they have asthma.

Your child may have been given a reliever inhaler (blue) by the doctor or nurse to help their breathing during these viral episodes.

Your child's reliever inhaler (blue) is called 'Salbutamol'.

Always use the spacer, as shown, to give your child their inhaler. Give your child 2 puffs of their reliever inhaler (blue) when they have a cough, wheeze, difficulty in breathing or have a rattly chest, or 10-15 minutes before exercise/activity, if needed.

### What to do when your child has a cold

You may give your child the reliever inhaler, 2 puffs, every 4-6 hours when unwell. As they get better you can give the inhaler less often and then stop it. If at any time your child is getting worse and the reliever inhaler is not helping see your GP within the next 24 hours. It is important to get medical advice for your child at this time.

### How do I know if my child is getting worse?

If your child is:

- Coughing or wheezing more than usual
- Becoming breathless
- Waking up at night with chesty symptoms
- Needing to use the blue inhaler more than 4 hourly



### What should I do now?

Give up to 5 puffs of the blue inhaler every 4-6 hours. You **must** make an appointment to see your GP today. If your GP surgery is closed, please ring the GP emergency number for advice as your child may need further treatment.

### When should I seek help urgently?

If your child is:

- Breathing faster than usual and using their tummy muscles to breathe
- Having difficulty babbling, speaking or unable to feed
- Tired, pale or blue around the lips

**YOU MUST SEEK MEDICAL ADVICE  
IMMEDIATELY  
DIAL 999**

Whilst you are waiting for the ambulance give your child 10 puffs (1 puff every 30 seconds) of the blue inhaler using the spacer. You can continue to give 1 puff every minute until help arrives.

## Care of your Spacer Device

Your Volumatic spacer should be cleaned monthly by washing in mild detergent and allowed to dry in air without rinsing: the mouth piece should be wiped clean of detergent before use. If needed the mask can be removed and washed more often

## Useful Contact Details

	Name	Phone Number
GP		
Practice Nurse		
Nurse Specialist		

Produced in collaboration with Liverpool Clinical Commissioning Group.

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

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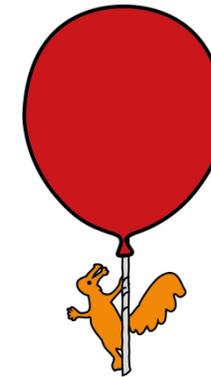
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Respiratory Department

# Action Plan for the Wheezy Child



Information for Parents  
and Carers