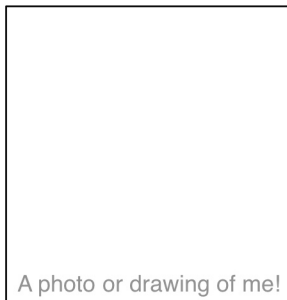


# Pre-School Wheeze Action Plan

## How to manage pre-school wheeze symptoms



This plan belongs to: \_\_\_\_\_

DOB: \_\_\_\_\_

Emergency contact name/s: \_\_\_\_\_

Emergency contact number/s: \_\_\_\_\_

**Call Healthline on 0800 611 116 for free health advice, available 24 hours a day, 7 days a week**

## What to do



### Mild symptoms

Breathing harder or faster  
Increasing cough or wheeze



Give **2 puffs** of the reliever inhaler,  
one puff at a time,  
using a spacer and mask,  
every 4 hours if needed.

**If there is no improvement within 30 minutes, give 2 more puffs and get medical help.**



### Moderate symptoms

Has trouble breathing  
Is struggling to speak  
Is playing less than usual



Give **6 puffs** of the reliever inhaler,  
one puff at a time,  
using a spacer and mask.  
**Get medical help urgently.**



### Severe symptoms

Is struggling to breathe  
Can't speak  
Is floppy  
Is blue around the mouth  
Is unresponsive  
You are worried about your child



**This is an emergency - call 111 and ask for urgent medical help.**

Give **6 puffs** of the reliever inhaler,  
one puff at a time,  
using a spacer and mask.  
**Repeat every 20 minutes until you get help.**



Scan the QR code to learn about spacers and how to use them.

**KidsHealth**  
kidshealth.org.nz

Scan the QR code to learn more about pre-school wheeze.

