

# BRONCHIECTASIS ACTION PLAN

## Well

Spit clear or pale yellow  
Cough no different from normal  
Sleeping normally  
Eating well



Physio \_\_\_\_\_  
Sport \_\_\_\_\_  
Medicine & Inhalers \_\_\_\_\_



## Unwell but at Kindy/School

Having a "cold"; runny green nose  
More spit which maybe darker/thicker  
Coughing more than usual  
More tired  
Not eating/drinking as well as usual



Physio \_\_\_\_\_  
Sport \_\_\_\_\_  
Medicine & Inhalers \_\_\_\_\_



**GO TO FAMILY DOCTOR: You may need two weeks of antibiotics after giving a sputum sample. If no better after 72 hours go back to family doctor.**

## More unwell and not able to go to Kindy/School

Coughing a lot  
Spit dark yellow/green  
Sore chest  
Short of breath doing things that are usually easy  
Hot/flushed or cold/shivery



Physio \_\_\_\_\_  
Sport \_\_\_\_\_  
Medicine & Inhalers \_\_\_\_\_



**GO TO FAMILY DOCTOR: If no better after 48 hours go back to your doctor who may refer your child to your local hospital.**

## Very unwell

High fever which doesn't go down with pamol/paracetamol  
Breathless at rest  
Lips blue



**GO TO YOUR LOCAL HOSPITAL'S EMERGENCY DEPARTMENT:  
Tell them you have bronchiectasis.**

