



Viral Induced Wheeze or Asthma

Viral respiratory tract infections (coughs and colds) are the most common cause of wheezy episodes. Antibiotics will not work against viral infections, the best treatment is supportive. The reliever inhaler relaxes the muscles in the lungs and helps open up the airways, reducing wheeze and making it easier to breathe.

Treatment

- Give 6 puffs of the **blue reliever inhaler: Salbutamol, Ventolin or Respigen** via the spacer every 2-4 hours for the first day. For preschoolers you will need to use a mask on your spacer
- Day 2-3 give 6 puffs of the blue inhaler every 4-6 hourly as required
- See your GP/NP within 24 hours to check on progress unless your child is improving rapidly
- If you think you are needing to use the inhaler more than 2 hourly you will need to go back to your GP/NP or to an Accident and Medical Center
- Steroids are sometimes used to reduce the inflammation in the lungs, if your child has been charted redipred or prednisone you must give this daily as prescribed
- If your child normally takes a preventer such as Beclomethasone (brown) or Flixotide (orange) then you should continue to give this
- If your child does not have a preventer and they continue wheezing and coughing at night or after exercise when they are well, then they may benefit from a preventer inhaler and you should see your GP/NP

When to use the reliever inhaler:

- When there are any signs of increased work of breathing, sucking in under or around the ribs or at the neck
- You can hear your child wheezing
- If your child is having difficulty finishing sentences

When to call an ambulance:

- If your child is working hard to breathe
- Is unable to speak
- Looks pale or is blue around the lips
- **If you are unsure the safest thing to do is to call 111 for an ambulance**