

**Call Us First!**

**(616) 940-3168**



**Call us immediately, anytime night or day, if you are concerned your child may need emergency assessment, including the following signs:**

- ▶ Rapid breathing.
- ▶ Pulling of skin between ribs with breathing.
- ▶ Fatigue.
- ▶ Difficulty speaking more than a few words at a time.
- ▶ Pale skin color.

**Seek emergency care if wheezing/respiratory distress:**

- ▶ Begins suddenly after being stung by a bee, taking medication or eating an allergy-causing food.
- ▶ Is accompanied by severe difficulty breathing or bluish skin color.
- ▶ Occurs after choking on a small object or food.

Cough and mild wheezing or other noisy breathing that occurs along with symptoms of a cold or upper respiratory infection (URI) can be concerning, but do not always need emergency medical treatment. In some cases, wheezing can be relieved by certain home remedies, medications or use of an inhaler. In others, your child might need emergency treatment.

To ease mild wheezing or other noisy breathing related to a cold or URI, try these tips:

- **Moisturize the air.** Use a humidifier, take a steamy shower or sit in the bathroom with the door closed while running a hot shower. Moist air might help relieve the symptoms in some instances.
- **Drink fluids.** Warm liquids can relax the airway and loosen up sticky mucus in your throat.
- **Avoid tobacco smoke.** Active or passive smoking can worsen wheezing.
- **Take all prescribed medications.** Follow the doctor's instructions, particularly if your child has Asthma. Make sure you follow your child's Asthma Action Plan.



**Call us first, anytime night or day, if you are concerned your child may need emergency assessment, or have any questions.**