



Measures to Help Child Remain Active



1. Instruct to breathe through nose to warm and condition air before and during exercise.
2. Use inhaler before exercise if prescribed by physician.
3. Theophylline taken an hour before exercise may be helpful if prescribed by physician.
4. If symptoms occur less than 5 minutes into exercise, treatment needs adjustment. Contact physician.
5. Inform coaches and other adults of child's condition. Give periodic breaks.

Help child to understand that emotions of competition can lead to breathing problems without reasonable control.