



**Lung infections are the  
#1 cause of infant  
hospitalizations**

**Lung infections begin with:**

- Runny or stuffy nose
- Slight fever

**This can lead to:**

- Quick, shallow, or difficult breathing
- Fast heartbeat
- Wheezing (a whistling sound while breathing)

Direct Medical Costs of Bronchiolitis Hospitalizations in the United States. Andrea Pelletier et al. Pediatrics 2006.



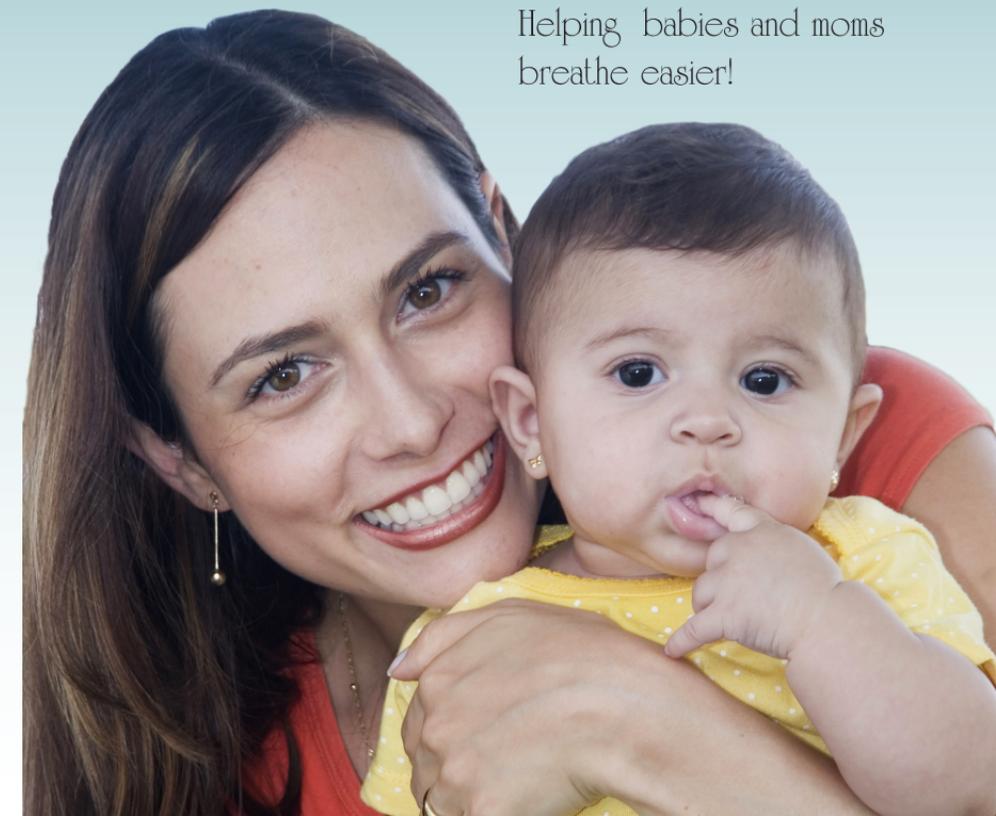
**For more information visit  
[health.utah.gov/asthma](http://health.utah.gov/asthma)  
or call 1-888-222-2542**

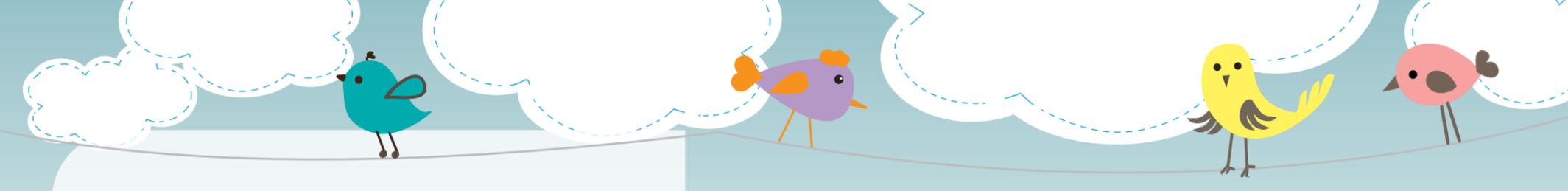
**Remember:**

- Call your pediatrician within 5 days of an ER visit
- Talk to your pediatrician about medications and steps to avoid future ER visits
- Discuss with your doctor warning signs that your child may have asthma

# Little Breathers

Helping babies and moms  
breathe easier!





**Call your doctor if your child:**

- Is wheezing
- Has a persistent cough
- Has a fever

**Go to the emergency room immediately if your child is:**

- Breathing too fast to eat or drink
- Struggling for breath so the skin pulls in against the ribs and neck
- Turning blue around the lips and fingernails

The Mayo Clinic [www.mayoclinic.com/health/bronchiolitis/DS00481](http://www.mayoclinic.com/health/bronchiolitis/DS00481)

**Follow-up care is essential after an emergency room visit.**

**Steps to take after leaving the ER:**

- Call your pediatrician within 5 days to talk about the ER visit
- See your pediatrician within 4 weeks
- Take prescribed medications as directed by the doctor

**Things to discuss at the follow-up visit:**

- How to avoid and treat respiratory symptoms
- How to correctly administer prescribed medications
- Warning signs to call the doctor or go to the ER

National Asthma Education and Prevention Program Guidelines for the Diagnosis and Management of Asthma

**Asthma** is a lung disease that can make it hard to breathe.

Look for these **asthma warning signs:**

- Frequent coughing, wheezing, and difficulty breathing
- Frequent lung infections or pneumonia
- Slow feeding or shortness of breath during feeding

**Your child is more likely to have asthma**

**IF**

- They have a parent with asthma
- They have allergies, hives, or eczema (a red, itchy skin condition)
- They are exposed to tobacco smoke