



AMERICAN ACADEMY OF ALLERGY
ASTHMA & IMMUNOLOGY

The AAAAI suggests parents use the following checklist on the next visit to their child's allergist/immunologist:

Ask about steps you can take to make your home a better living environment for your child. Most children with asthma also have allergies that make their symptoms worse. It's important to know what your child is allergic to and how you can provide an allergen free environment.

Work with your child's allergist/immunologist to create a daily management plan, which describes the regular medications and measures to keep your child's asthma and allergies under control.

Ask the doctor for a peak flow meter – an instrument that measures the airflow of your child when he/she blows into it quickly and forcefully. Experts recommend asthmatic children use them at home to guide decisions about when medications need to be increased or decreased, and to determine when to call a physician or seek urgent care.

Ask for a demonstration on how to properly use an inhaler.

Ask about creating an asthma action plan, which describes actions to take when your child's asthma worsens, including what medications to take and when to contact a physician.