What is the difference between Asthma and VIRAL-INDUCED WHEEZE (VIW)?

**VIRAL-INDUCED WHEEZE (VIW)** - If you only wheeze with a virus or cold but are well in between.

**Asthma** - When you wheeze with triggers like dust, pollen, furry animals, and exercise as well as with a virus or cold.

What is the treatment?

Most children will only get one or two episodes of VIW. Usually VIW treatment will be with SALBUTAMOL (blue) inhaler and spacer; please see your wheeze plan.

Asthma treatment is usually with a brown preventer inhaler, which needs to be taken daily, and a blue reliever inhaler to be taken when unwell; please see your wheeze plan.

For some children who get repeated episodes of VIW, they may benefit from a drug called MONTELUKAST. This works by decreasing the inflammation in the airways. It needs to be given at the very beginning of the cold symptoms, once a day for 7 days. In more severe VIW, it may be given daily.

Is my asthma well controlled?

We recommend you complete the Asthma Control Test (ACT), which can be found on the Asthma UK website.

Where can I go for more information?  
www.asthma.org.uk

Tick which triggers effect your asthma:

- Coughs and Colds
- Fur and Feathers
- Pollen, Grass, and Trees
- Dust
- Feelings
- Moulds and Spores
- Exercise
- Cigarettes
- Cold Weather
- Air Pollution

**What is the treatment?**

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**Asthma**

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www.monkeywellbeing.com

Your feedback is invaluable in helping us to update and continually improve our Monkey Wellbeing literature. Please e-mail feedback@monkeywellbeing.com with any suggestions or comments you have.
# My Asthma / Wheeze Plan for Home, School, and Nursery

**SYMPTOMS**

<table>
<thead>
<tr>
<th>Step</th>
<th>Symptoms / Conditions</th>
<th>Action(s)</th>
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</table>
| 1    | I am well              | I need to take my normal medication of:  
Preventer:  
Reliever:  
Take puffs every morning and evening.  
Take puffs as needed and before exercise.  
Other Therapy: |
| 2    | I am unwell            | I need to take my normal medication of:  
Preventer:  
Reliever:  
Take puffs every morning and evening.  
Other Therapy: |
| 3    | My coughing/wheezing is getting worse, especially at night  
My blue inhaler is not lasting four hours and not working within 15 minutes | I need to take my medication as in step 2 and also see my GP urgently or come to the EMERGENCY DEPARTMENT (ED) or ring the community Children's Nurse or the Hospital Asthma Nurse.  
I also need to increase my reliever medication to:  
• 10 puffs of SALBUTAMOL. Give inhaler via spacer  
• Repeat 10 puffs of SALBUTAMOL inhaler every 4 hours |
| 4    | I am very unwell       | Call 999 or come to the EMERGENCY DEPARTMENT (ED) urgently.  
I need to take my medication as in step 2 and also:  
• 10 puffs of SALBUTAMOL inhaler via the spacer.  
• Keep giving 10 puffs of the SALBUTAMOL inhaler via the spacer every 10 minutes whilst seeking medical assistance. |

**Weaning Plan:**

When I am feeling better, I can reduce my blue inhaler as follows:

Day 1:  
Day 2:  
Day 3:  

*Based on the wheeze plan developed by Whittington Hospital*