

What is a nebulizer?

A nebulizer is a machine that turns liquid medicine into a fine mist. The mist is breathed in through a mask or mouthpiece.

A nebulizer may be recommended for a child that is too young to use an inhaler properly. Also, a nebulizer may be used for a person with asthma symptoms that are so severe that it is hard for him/her to take breaths deep enough for an inhaler to be effective.



How to use a nebulizer

1. Put the correct amount of medicine in the cup.
2. Connect one end of the tubing to the machine and the other end of the tubing to the cup.
3. Attach the mouthpiece or mask to the cup.
4. Put the mouthpiece between the teeth and close lips around it. If using a mask, place the mask over the nose and mouth, making sure it fits securely and comfortably.
5. Turn on the machine.
6. Take slow, deep breaths. Try to hold each breath for 2 seconds before breathing out. Continue this process until all the medicine is gone or until no mist is visible. This takes 10-15 minutes.



Long-term control medicines

Some people with asthma need to take medicine every day to prevent asthma attacks from starting. These are referred to as long-term control or preventative medicines.

Long-term medicines reduce and prevent inflammation (swelling of the airway) and mucous production.

Long-term control medicines need to be taken everyday on a long-term basis to keep asthma under control. After a week or two, asthma should be under better control and asthma symptoms should become less frequent. As asthma improves, the lungs will feel better.

Long-term control medicines should never be used to treat an asthma attack. These medicines should be taken exactly as prescribed by the doctor.

Quick-relief medicines

These medicines are used to treat an asthma attack or symptoms of asthma, such as cough, wheeze, shortness of breath or chest tightness. Quick-relief medicines relax the muscles of the airway, making it easier to breathe. These medicines generally work within 5 minutes of use.

Rules of Two™

- ✓ Do you take your "quick-relief inhaler" more than TWO TIMES A WEEK?
- ✓ Do you awaken at night with asthma more than TWO TIMES A MONTH?
- ✓ Do you fill your "quick-relief inhaler" more than TWO TIMES A YEAR?

If you can answer "yes" to any of these questions, ask your doctor about a long-term controller anti-inflammatory medicine.

The Rules of Two™ is a registered trademark of the Baylor Health Care System

Michigan Inhaler Law

In March 2000, legislation was passed and signed into law that school children are allowed to carry and self-administer prescribed medications on school grounds and during school sponsored activities, under certain conditions.

Conditions of the Law

1. The student must have written permission from a physician or other healthcare provider to carry his or her inhaler.
2. If under 18 years of age, the student must have written permission from a parent or guardian to carry his/her asthma inhaler.

School personnel are not liable for any damages resulting from permitting a student to carry and/or use an asthma inhaler.