



Wheezing in children



Wheezing is a high purring or whistling sound. You hear it more on breathing out than in. Air flowing through swollen or tight breathing tubes usually causes wheezing.

SIGNS & SYMPTOMS

Wheezing is a breathing sound that is high-pitched and tight. It has a purring or whistling sound and you can hear it best when your child is breathing out.

Wheezing means it is hard for your child to breathe. Check with the doctor if your child wheezes.

CAUSES

- Asthma - This is the number one cause.
- Something caught in the windpipe
- A lung problem the child was born with
- Pneumonia

TRIAGE QUESTIONS



Is your child turning blue or not breathing?

NO
↓

YES ▶

**GET EMERGENCY MEDICAL CARE:
CALL 9-1-1**

Then you may need to do the Heimlich maneuver (for choking), give rescue breaths, or do CPR.



Did your child's wheezing start during the last few hours? Is your child coughing up bubbly pink or white phlegm?

NO
↓

YES ▶

GET EMERGENCY MEDICAL CARE



Does your child have quick breathing, trouble breathing, or can't talk with wheezing? A fever higher than 100.4°F and the child is less than 3 months old. A fever higher than 104°F and the child is between 3 months and 3 years old?

NO
↓

YES ▶

GET EMERGENCY MEDICAL CARE



Is your child between 3 months old and 3 years old and does he or she have a fever of 102.2°F and up to 104°F? Is your child older than 3 years old and does he or she have a fever over 104°F?

NO
↓

YES ▶

SEE DOCTOR



If your child has asthma, is the wheezing getting worse? Or is your child not getting better with treatment?

NO
↓

YES ▶

SEE DOCTOR



USE SELF-CARE

SELF-CARE

- Have your child drink warm, clear liquids. These help thin the mucus. Don't give your child ice-cold drinks.
- Set up a cool-mist vaporizer. Or take your child to the bathroom and turn on the hot water in the sink and shower.
- If your child has asthma, follow what your child's doctor says.
- Small children can breathe in things like small toy parts and foods like peanuts and popcorn. Keep these things away from small children.