Dyspnea
(Shortness of Breath)

Dyspnea is when a person has trouble breathing. This needs care right away.

HOME CARE

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- **Do not smoke.** Smoking is a common cause of this problem. If you smoke, ask your doctor for help to quit.
- Stay away from chemicals that may bother your breathing (paint fumes, dust).
- Rest as needed. Start usual activities slowly.
- Take all medicines as told by your doctor. This includes oxygen and any medicines you breathe in.
- **Follow up with your doctor. This is important.** If you do not follow up, the condition could get worse.

GET HELP IF:

- The condition does not improve.
- You or your child has a hard time doing normal activities, even with rest.
- You or your child has problems with medicines.
- You or your child gets any new problems other than shortness of breath.
- You or your child has a temperature by mouth above 102° F (38.9° C).
- Your baby is older than 3 months with a rectal temperature of 100.5º F (38.1° C) or higher for more than 1 day.

GET HELP RIGHT AWAY IF:

- The dyspnea or other problems get worse.
- You or your child feels lightheaded, faint, or gets a cough that is not controlled with medicine.
- You or your child coughs up blood.
- You or your child has painful breathing.
- There is chest, arm, shoulder, or belly (*abdominal*) pain.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**
- You or your child cannot walk up stairs or exercise normally.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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