

# Breathing Treatments: Aerosols

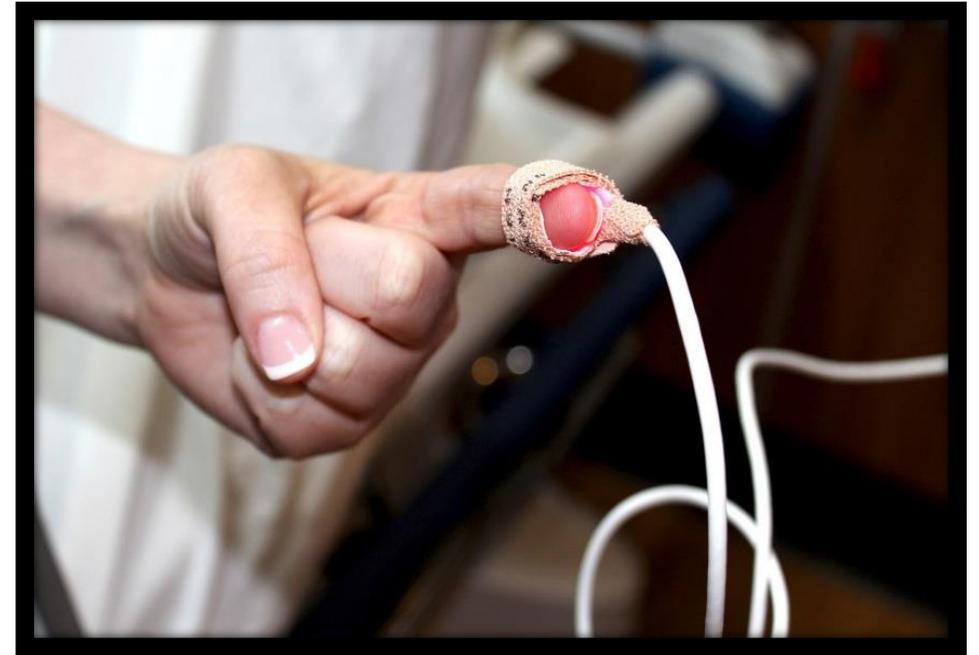


I am getting a breathing treatment.

A breathing treatment is a medicine for my lungs that will make it easier for me to breathe.



Before my breathing treatment the Respiratory Therapist will listen to my lungs using a stethoscope.



The Respiratory Therapist will also check how well I'm breathing by placing a sticker or clip on my finger that looks like this.

I may hear a beeping noise

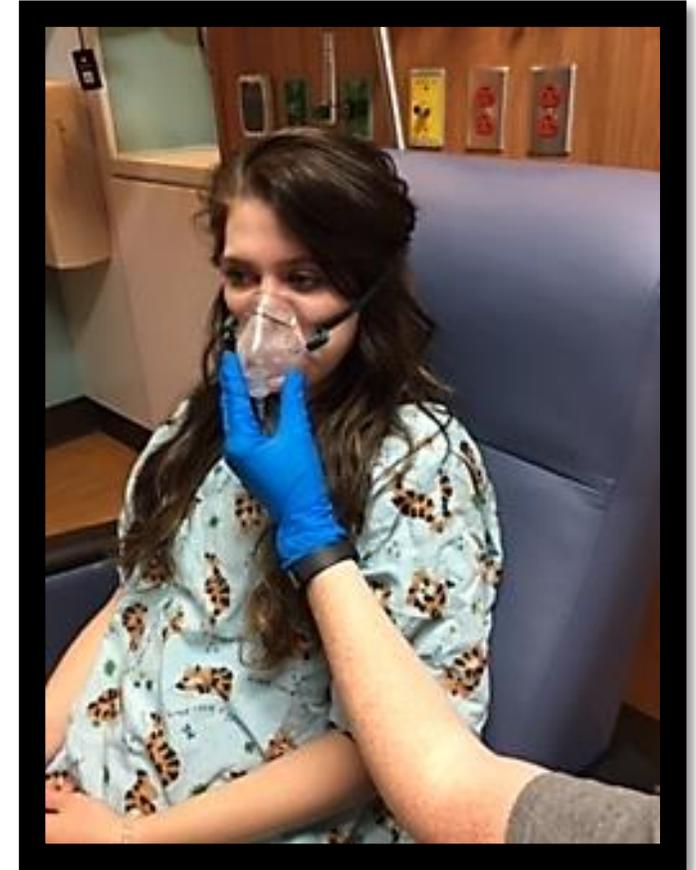


During my breathing treatment it is best if I sit upright in my bed or chair like this.



I will need to wear a small clear mask over my nose and mouth during the breathing treatment for the medicine to get into my lungs.

My Respiratory Therapist will choose the best mask for me.



If I can't wear the mask on my face, the Respiratory Therapist, or my caregiver, can hold it in front of my face for me.

I should breathe normally during my breathing treatment.



A cool mist will blow out of my mask like this.  
It may sound like air blowing or a spluttering sound.





After I finish my breathing treatment, the Respiratory Therapist will listen to my lungs again and check my breathing.

All done



Now I am all done!

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)