

Asthma: Week 35

24 - 30 August 2020

Did you know there is a rise in asthma attacks in August when pupils go back to school after the summer holidays?



Top tips to help manage the risk of asthma attacks:



Take your Preventer

- Continue to take your preventer inhaler every day, even if you feel well
- Sometimes your routine with preventative medication can slip over the summer, but it would be important to start taking it as recommended from the start of August before going back to school, even if you feel well



Know your asthma action plan

- Make sure you know what to do in an emergency



Manage your triggers

- It is important to know what makes your asthma worse



Make sure you have your reliever (blue) inhaler for school

- Your parent/guardian may need to order this for you
- Don't forget your spacer



Make arrangements to have the seasonal flu vaccine

- P1 to P7 - your parent or guardian will need to sign the consent form for you to have it at school
- Above P7 - make an appointment at the GP Surgery; your parent or guardian may have to do this for you

**An asthma attack is a medical emergency
If your child is not responding to their emergency asthma plan,
get help straight away - day or night**

To receive more tips, please visit www.asthma.org.uk