

Asthma: Week 35

25 - 31 August

A Guide for Patients/Carers

Did you know there is a rise in Asthma Attacks in August when pupils go back to school after their 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
 - Remember to have regular preventer for at least two weeks before going back to school/college, 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
- ✓ **Order your Reliever (blue) inhalers for school**
 - Don't forget your spacer
- ✓ **Make arrangements to have the seasonal flu vaccine**
 - P1 to P7 - sign the consent form to have it at school
 - Above P7 - make an appointment at the GP Surgery

**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 top tips, please visit www.asthma.org.uk