

# 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](http://www.asthma.org.uk)**