

# Asthma: Week 35

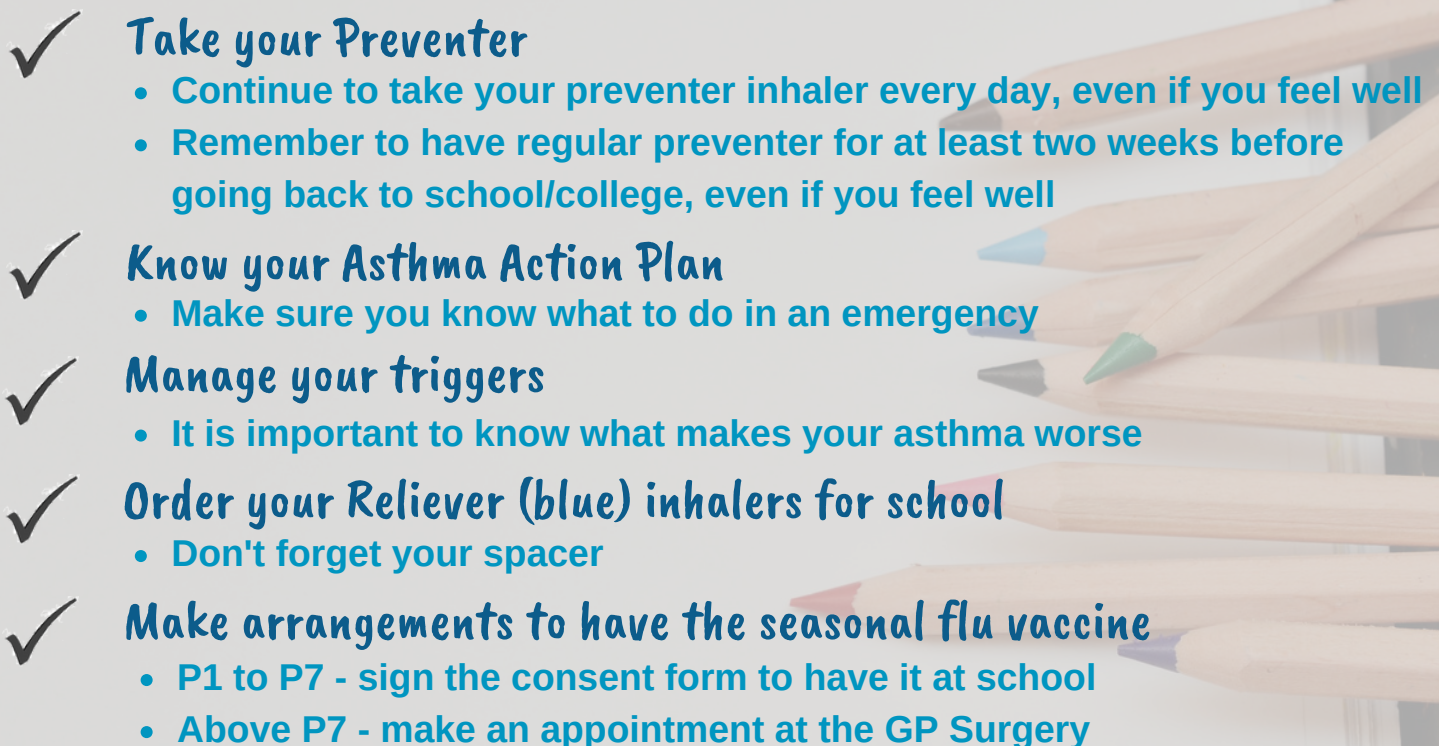
25 - 31 August

## 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:

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- ✓ **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)**