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

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