

# #AskaboutAsthma 4 Asks

Helps us prepare for week 38 – which is the week where nationally there is a rise in asthma attacks following the return to school after the summer holidays. The #AskAboutAsthma campaign encourages children and young people, their families, and those involved in their care, to ensure four simple and effective measures to help them control their asthma.

This advice is to help you prepare and keep your child well in preparation.

## 1 Make sure you have an Asthma and Allergy Plan at home and school

**Take your preventer inhaler over the summer so you are protected from the triggers such as colds and virus which start once you are back at school**

- Think:** Are they coughing or wheezing? Breathing difficulty? Tight chest?  
**Intervene:** Reassure the child, sit them upright and slightly forward.  
**Medicine:** Give 10 puffs of the blue inhaler using a spacer.  
**Emergency:** If there is no improvement or if you are worried call **999**. If you're waiting for an ambulance give another 10 puffs of salbutamol.



**ADRENALINE PEN and not getting better? IF IN DOUBT – USE IT!!!!**

There may be no signs as the signs of an anaphylaxis (severe allergic reaction) may not always be obvious.

**NEED YOUR BLUE INHALER MORE THAN 10 PUFFS EVERY 4 HOURS?**

See your GP or hospital asthma team - you may need **extra medication** or even **hospitalisation**

**How to use a Jext Pen How to use an Epipen**



## 2 Understand how to use inhaler correctly

- Take your spacer home and wash it (you should get a new one every year) – school aged children don't need a masked spacer. A mouthpiece will ensure medication gets into the lungs.
- Check you know [how use a spacer](#) and when to [wash](#) your spacer
- Take your preventer (brown, purple or orange inhaler) with a spacer EVERY DAY even when well – this calms lung inflammation, prevents attacks, and reduces symptoms.



## 3 Schedule an asthma review every year or after an attack

You should have an asthma review with your GP/ Practice nurse or Pharmacist at least once a year for a **new spacer** and **individual asthma/allergy plan** that must be taken to school.

Book one earlier if:

- you NEED your salbutamol inhaler **more than 3 times a week**
- you have frequent daytime asthma symptoms, or your asthma is **waking you up at night**.
- you have attended the emergency department or needed steroid tablets or liquid for your symptoms.

**Booking an asthma review during the summer holidays may prevent a term time asthma attack**

## 4 Consider air quality and triggers that impact your lung health

Indoor and outdoor pollution effects asthma find [out more](#). You can help by walking or scoot to school avoiding main roads walking along quieter roads. If you must drive turn off your engines when stationary. For more information on [air quality](#) check out the website.

**Treating your Hayfever treats your Asthma:** Take your hay fever medication and nasal spray daily in the summer months when the pollen is high **Contact your GP or Nurse if your hay fever is not controlled**

Breathing in mould spores makes your [asthma worse](#) causing more coughing, wheeze and allergic rhinitis make sure you use mould spores to reduce the level.

**Advice on how mould affects Asthma** contact your council to make repairs and **Report it**. If you are having difficulties in getting repairs, you can get [support](#), [complain](#) or [legal advice](#).

If you need help with [cost of living](#).

## Top Tips from your asthma nurse

Learn more about asthma and wheeze with this short [video](#). Its normal to get breathless with exercise make sure your child has good breathing technique through their nose and out through their mouth watch this [short video](#).

[Asthma and Lung](#) has a session on 26th September at 7pm

