

Triggers that make your asthma symptoms worse:



Asthma/Wheeze Newsletter
World Asthma Day 2nd May 2023
Triggers Make your asthma symptoms worse



Breathing in Mould spores will cause your child to have more wheeze episodes

Read what you can do

- 1) Make sure you clean away with a mould spray as soon as you see it and paint with a mould paint
- 2) Dry windows and window seals every morning
- 3) Open the windows every day
- 4) Keep your vents open
- 5) keep you heating at 18C Support is available to help with the cost of living.
- 6) dry clothes outside or use tumble dryer
- 7) Allow space to circulate around furniture

If it continues **Report it**

If your landlord is not acting and you feel it is immediate risk and causing health issues, contact Environmental Health and Housing Team on 020 7364 5008

Make a complaint

No win no fee

Exercise and Asthma - Asthma and Lung UK

The article from Asthma and Lung UK highlights the benefits of exercise for children with asthma, by saying that exercise:

- can maintain a healthy weight and build stamina in the lungs, so they get out of breath less.
- boosts the immune system, meaning that children are less likely to get coughs and colds, which would make their asthma worse.
- offers a boost to mood and self-esteem, influencing how they manage their asthma
- helps children feel more confident about their asthma and what is achievable

[Read the article here >](#)

Clean air day

June 15th was clean air day, but in reality every day should be clean air day. We can all play our part in improving air quality. To find out more about what you can do as an individual to improve air quality for your children please click on the link below where you can find practical tips. The site includes a clean air planner, text alert service to be notified about air pollution levels and information videos.

[Access the LBTH Air Pollution and You website here >](#)