

Did you know that every September when you return to school, you are at greater risk of a sudden asthma attack? Do you want to know how you can avoid this? If so, have a quick read of this newsletter.

Advice to children

What can I do to prevent an asthma attack?

- Take my preventer (brown/ purple/ red & white) inhaler daily as instructed by my doctor.
- Ensure I have an asthma review at least once a year.
- Ensure I have a copy of my asthma action plan. (Save a photo of it on my phone).
- Know how to use my inhalers; do I need a spacer?
- Know what triggers my asthma.

Annual asthma review:

You should have an asthma review with your GP or practice nurse at least once a year. You should see them earlier if your asthma symptoms are not controlled and especially if:

- you are using your salbutamol inhaler more than 3 times a week
- you are having day time asthma symptoms.
- your asthma is waking you up at night.
- you have attended A+E for your symptoms.

If any of these apply to you then why not call your GP practice to book an asthma review during the summer holidays? This will reduce your risk of an asthma attack when you return to school.

Hayfever can be a trigger, make sure you take your anti-histamine and/ or nasal spray every day.



For more information on asthma and how to stay well visit www.asthma.org.uk

Gemma Parish- Respiratory Liaison Nurse for children @ Homerton Hospital. Phone: 02085107447. Mob: 07341 778 453.

Preventer inhalers build up asthma protection over time



www.asthma.org.uk



What to do to help someone having an asthma attack:

Think: Are they coughing or wheezing? Are they finding it hard to breathe? Do they have a tight chest?

Intervene: Reassure the child, sit them upright and slightly forward.

Medicine: Give 10 puffs of their salbutamol inhaler (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 and there is no improvement after 5 minutes, give another 10 puffs of salbutamol.

ADRENALINE PEN? IF IN DOUBT – USE IT!!!!

The signs of an anaphylaxis (severe allergic reaction) may not always be obvious.

You should have your adrenaline pen with you at all times and one available in school. You must check they haven't expired.

Asthma & Flu

75% of people with Asthma say flu triggers their asthma symptoms, raising the risk of a life threatening asthma attack (Asthma & Lung UK 2021). You can protect yourself by getting your flu vaccine as when it is offered to you in the Autumn.