






Asthma: Week 38

16th – 22nd September 2020

Did you know there is a rise in Asthma Attacks in September when children and young people return to school after the school holidays?

Here are some Top Tips to help reduce the risk of asthma attacks:

-  **Take preventer inhaler every day even when you are 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.**
-  **Make sure you have had an Asthma review before autumn.**
-  **Make arrangements to have the seasonal flu vaccine.**

If you have any questions or concerns please contact your 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**