

# Asthma: Week 38 9-15th September 2024

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

Children and young people with asthma can live their best lives by following these 4 steps:

- **Get an Asthma Action Plan in place**
- **Understand how to use inhalers correctly**
- **Schedule an asthma review every year and after every attack**
- **Think about the impact of indoor and outdoor air pollution**

