

World Asthma Day

Tuesday 3rd May 2022

“Closing The Gaps In Asthma Care”

Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks.

TOP TIPS FOR PARENTS TO HELP REDUCE THE RISKS OF **ASTHMA ATTACKS**

Know your child’s Personalised Asthma Action Plan— make sure you know what to do in an emergency.

Preventer Inhaler— make sure your child takes their steroid inhaler everyday.

Reliever Inhaler— always carry your blue inhaler when you go out along with a spacer.

Triggers— it is important to know what makes your child’s asthma worse.