

How to manage asthma

4 steps can help children and teenagers with asthma to live a full, active life:

- 1. Get an asthma action plan from your GP**
- 2. Learn how to use inhalers**
- 3. Have an asthma review – every year and after every attack**
- 4. Think about how air pollution affects your asthma**



#AskAboutAsthma is a campaign that runs from 11 – 17 September 2023.

Visit this website for more information:

www.transformationpartnersinhealthandcare.nhs.uk/ask-about-asthma