



# How to manage asthma

**4 steps can help children and teenagers with asthma to live a full 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 9 – 15 September 2024.**

**Visit this website for more information:**

**<https://www.transformationpartners.nhs.uk/askaboutasthma-2024/>**