

Summer Asthma Tips

from the children's asthma nurses

Always use your
daily preventer
medication



Keep your rescue
inhaler with you at
all times



Make sure you
know how to use
your inhaler



Follow your
asthma plan



If your asthma gets
worse tell an adult
as soon as possible



See your doctor for
your asthma review



When you go back to school make sure:

- Your school has a plan in place to support you
- Your rescue medication is available and in date
- You know how much medication it contains

Ask your doctor any questions if you are unsure!

