

**1 Make sure you have an Asthma and Allergy Plan at home and school**

**Think:** Is the child coughing or wheezing? Breathing difficulty? Tight chest?

**Intervene:** Reassure the child, sit them upright and slightly forward.

**Medicine:** Give 10 puffs of the blue inhaler using a spacer.

**Emergency:** If there is no improvement or if you are worried call **999**. If you're waiting for an ambulance give another 10 puffs of salbutamol.

**ADRENALINE PEN if not getting any better? IF IN DOUBT – USE IT!!!!**

There may be no signs as the signs of an anaphylaxis (severe allergic reaction) may not always be obvious.

**NEED YOUR BLUE INHALER MORE THAN 10 PUFFS EVERY 4 HOURS?**

See your GP or hospital asthma team - you may need **extra medication** or even **hospitalisation**

<https://hcp.jext.co.uk/about-jext/video-demonstrations/> (JEXT)

<https://www.epipen.co.uk/en-gb/patients/your-epipen> (Epipen)

**2 Understand how to use inhaler correctly**

- Take your spacer home and wash it (you should get a new one every year) – school aged children don't need a masked spacer a mouthpiece will ensure medication gets into the lungs .
- Check you know how and when to wash and use your spacer
- <https://www.asthma.org.uk/advice/inhaler-videos/tidal-breathing/>
- Take your preventer (brown, purple or orange inhaler) with a spacer EVERY DAY even when well – this calms lung inflammation, prevents attacks, and reduces symptoms.

**3 Schedule an asthma review every year or after an attack**

You should have an asthma review with your GP/ Practice nurse or Pharmacist at least once a year for a **new spacer** and **individual asthma/allergy plan** that must be taken to school.

Book one early if:

- you **NEED** your salbutamol inhaler **more than 3 times a week**
- you have frequent daytime asthma symptoms, or your asthma is **waking you up at night**.
- you have attended the emergency department or needed steroid tablets or liquid for your symptoms.

**Booking an asthma review during the summer holidays may prevent a term time asthma attack**

**4 Consider air quality and other triggers which affect lung health**

Indoor and outdoor pollution affects asthma. You can help by walking and scooting to school avoid main roads walking along quieter roads. You can help yourself by walking or scoot to school avoiding main roads walking along quieter roads. If you must drive turn off your engines when stationary. For more information on air quality check out the website below.

<https://www.asthma.org.uk/advice/triggers/pollution/> & <https://www.cleanairhub.org.uk/tower-hamlets>

Help campaign for better air quality [net mums](#)

**Treating your hayfever treats your asthma** take your hay fever medication and nasal spray daily in the summer months when the pollen is high <https://www.asthma.org.uk/advice/triggers/pollen/>

**Contact your GP or Nurse if your hay fever is not controlled**

Breathing in mould spores makes your asthma worse causing more coughing, wheeze and allergic rhinitis make sure you use mould spores to reduce the level.

<https://www.asthma.org.uk/advice/triggers/moulds-and-fungi/#:~:text=Living%20in%20a%20damp%2C%20mouldy,wheezing%2C%20sneezing%20or%20watery%20eyes>

**Advice:** [https://www.towerhamlets.gov.uk/ignl/housing/Private\\_housing/Renters\\_charter/Damp\\_and\\_mould.aspx](https://www.towerhamlets.gov.uk/ignl/housing/Private_housing/Renters_charter/Damp_and_mould.aspx)

**Support:** [https://england.shelter.org.uk/housing\\_advice/repairs/damp\\_and\\_mould\\_in\\_rented\\_homes](https://england.shelter.org.uk/housing_advice/repairs/damp_and_mould_in_rented_homes)

**Complain:** <https://www.housing-ombudsman.org.uk> **Legal advice:** [www.tenantsadvice.co.uk](http://www.tenantsadvice.co.uk)

**Ask The Expert webinar (Monday 12 September: 12.30 – 13.30)**

This webinar is an interactive session for children, young people and their families, as well as everyone working in the field of CYP asthma. You will hear from experts responding to the most common questions children, young people and their families have on asthma with a focus on health inequalities. For further information and registration details **#AskAboutAsthma Ask the Expert Webinar**

<https://www.events.england.nhs.uk/events/askaboutasthma-ask-the-expert-webinar>

**Parental support around asthma** <https://www.asthma.org.uk/advice/child/life/parents/> &

<https://www.blf.org.uk/parent-and-carer-support-network>