

### The September return to school is a peak time for asthma attacks YOU CAN PROTECT YOUR CHILD BY FOLLOWING THIS ADVICE

- Take your preventer (brown, purple or orange inhaler) with a spacer EVERY DAY – this calms lung inflammation, prevents attacks, and reduces symptoms.
- Take your spacer home and wash it (you should get a new one every year) – school aged children don't need a masked spacer, and do better with a mouthpiece.
- Check you know how and when to wash and use your spacer
- <https://www.asthma.org.uk/advice/inhaler-videos/tidal-breathing/>
- Make sure you have a wheeze/asthma/allergy plan at school and home.



### Hayfever triggers asthma

#### TREATING YOUR HAYFEVER TREATS YOUR ASTHMA



- Take your hay fever medication and nasal spray daily in the summer months when the pollen is high  
Contact your GP or Nurse if your hay fever is not controlled

### When your asthma/wheeze gets worse FOLLOW YOUR ACTION PLAN

- Think:** Are they 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 and not getting 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 I asthma team - you may need **extra medication** or even **hospitalisation**

<https://hcp.jext.co.uk/about-jext/video-demonstrations/> (JEXT), <https://vimeo.com/247451292> (epipen)



**Is your asthma plan up to date?  
BOOK YOUR YEARLY ASTHMA REVIEW**

You should have an asthma review with your GP or practice nurse at least once a year. Book one earlier 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 termtime asthma attack

**Improve your child's health:  
STOP SMOKING TODAY!**



- Household smoking makes your child breathe in toxic chemicals from your **skin, clothes and furniture**.
- It increases the risk of bronchiolitis, pneumonia, wheeze and asthma.
- Asthma symptoms are worse, attacks are more severe and occur more often, they need more medication.

To get help contact 02078820320  
[www.quitrightth.org](http://www.quitrightth.org)

**Worried about sending them back to school?  
YOU CAN DISCUSS YOUR COVID CONCERNS WITH YOUR GP**

<https://www.asthma.org.uk/coronavirus/>  
<https://www.asthma.org.uk/advice/child/back-to-school/>

**Worried??? Parents can self-refer to my  
SPECIALIST COMMUNITY ASTHMA NURSE CLINIC**



If your child has any of the below:

- One or more hospital admission or more than 2 wheeze/asthma attacks in the last year
- Regular use of salbutamol (blue inhaler) more than once a day at school or at home
- Symptoms limiting exercise during sports, PE, playtimes or longer walks such as school trips
- School attendance below 90% because of asthma
- Parent or professional concern around compliance and treatment

CONTACT: Sister Tori Hadaway Community Children Specialist Asthma Nurse on 07810630260

**USEFUL WEBSITES**

- <https://www.monkeywellbeing.com>
- <https://www.asthmainnovationresearch.co.uk/>
- <https://www.allergyuk.org/information-and-advice/for-schools>
- [https://www.allergyuk.org/assets/000/001/183/Starting\\_a\\_New\\_School\\_original.pdf?1500293377](https://www.allergyuk.org/assets/000/001/183/Starting_a_New_School_original.pdf?1500293377)

