



ASTHMA

COMMON CHILDHOOD AILMENTS



SYMPTOMS

Asthma is a common lung condition that can create breathing difficulties. Symptoms include: a tight chest, wheezing, coughing and breathlessness.



INCUBATION

Asthma is not contagious.

TREATMENT

You may be prescribed an inhaler or medicine to help your symptoms.
Reliever inhalers – usually blue, used as needed to quickly relieve asthma symptoms for a short period of time.
Preventer inhalers – a steroid medicine, taken every day to prevent asthma symptoms happening.



TOP TIPS

Asthma can sometimes get worse for a short time, this is known as an asthma attack.
Make sure caregivers/school/nursery are aware and have any medication or inhalers on site. Talk to them regularly so they know what to look for and what to do.



FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111