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Norfolk and Waveney Integrated Care System

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# Asthma Factsheet

## for children and young people



## Did you know?

Asthma is a common condition which affects the airways in your lungs.

## When to seek help from a health professional

- Your asthma symptoms are interfering with your daily activities
- You are waking up at night because of asthma symptoms
- You are getting asthma symptoms 3 or more times a week
- You are using your reliever inhaler 3 or more times a week
- You are having frequent asthma attacks or chest infections

## Symptoms to look out for

When your airways become sensitive and inflamed, it can make it harder to breathe and cause symptoms such as **coughing**, **wheezing**, **shortness of breath**, **coughing when exercising** and **chest tightness**.

## How asthma is diagnosed

- A healthcare professional will take into account detailed information about your symptoms
- They will listen to your chest
- They may ask for 'objective' tests that help measure lung inflammation and obstruction
- They may ask you to use a peak flow meter and fill out a peak flow diary to measure your daily airflow

## Managing asthma

Once diagnosed, your healthcare professional will give you medication (inhaled steroids), which will help with lung inflammation. Your healthcare professional will also teach you how to identify an asthma attack, and tell you which medication to use for this. This is called a Personalised Asthma Action Plan (PAAP). Do not forget to share your PAAP with your school or nursery!

Your healthcare professional will show you how to use your Inhaler. Make sure you have had your inhaler technique checked, and know when to take your medications. If any triggers for your asthma have been identified, your healthcare professional will teach you how to avoid triggers as much as possible.

Do not forget that you will need an Annual Asthma review and don't forget to request an appointment after an asthma attack, or if your asthma is not well controlled.

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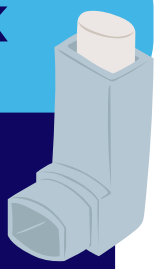
# Step by step guide for asthma attack



1. **Help them to sit up. Do not let them lie down. Try to keep them calm.**
2. **Help them take one puff of their reliever inhaler (with their spacer, if they use one) every 30 to 60 seconds, up to a total of 10 puffs.**
3. **If they do not have their reliever inhaler, or it's not helping, or if you are worried at any time, call 999 for an ambulance.**
4. **If the ambulance has not arrived after 10 minutes and their symptoms are not improving, repeat step 2.**
5. **If their symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately.**

## Training for schools and nurseries

Available by scanning here or visit:
https://www.educationforhealth.org/course/supporting-children-and-young-peoples-health-improving-asthma-care-together/

## For more information

The Asthma and Lung UK website is an excellent source of useful, reliable, and up to date information - scan here or visit:
https://www.asthmaandlung.org.uk



## Did you know?

If you actively practice sports or physical activity, it will help you to identify if your asthma is under control or if there is a need to adjust your medication!