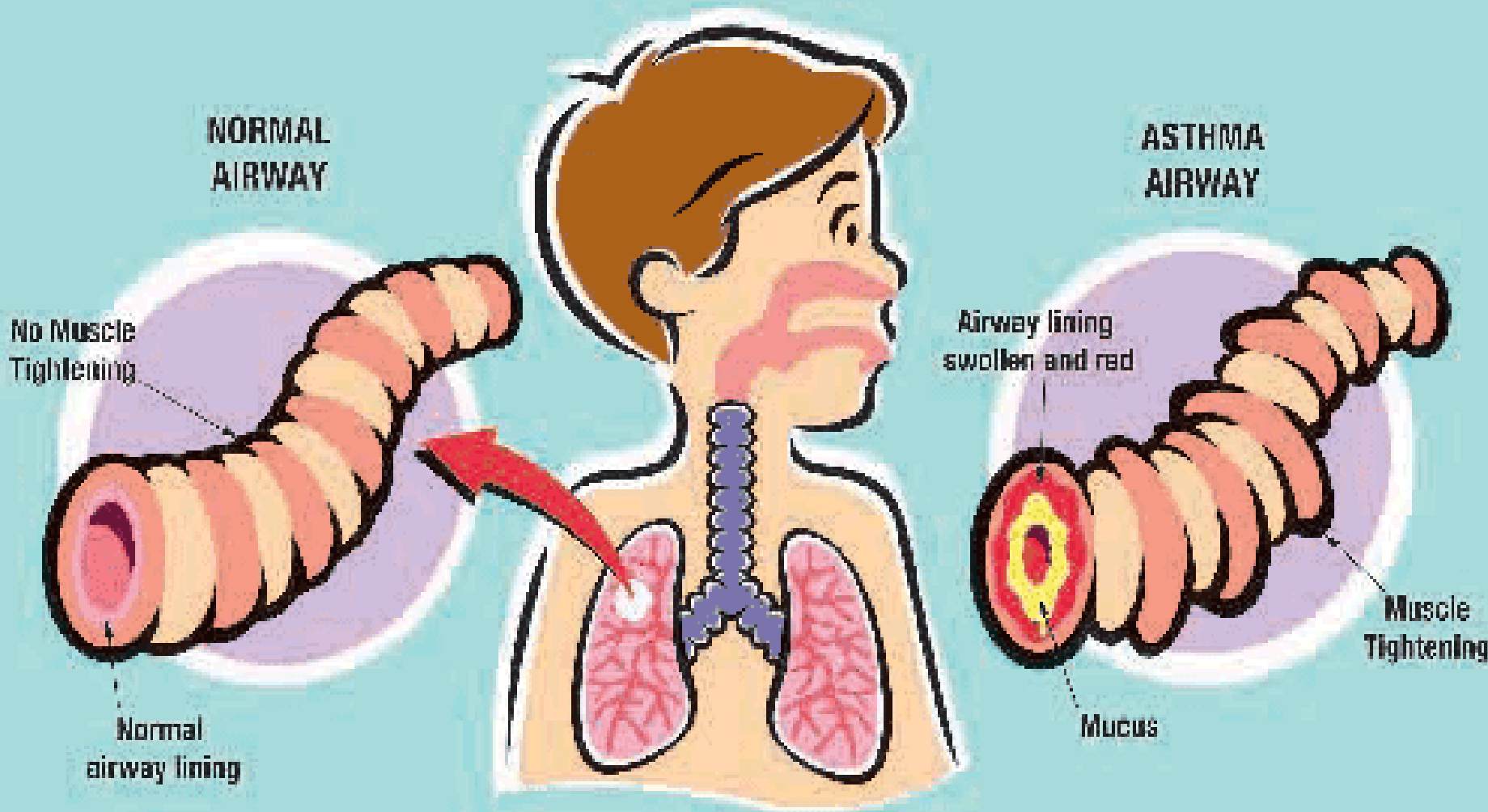


# ASTHMA



# What is Asthma



# Who gets asthma?



Most children with asthma will have a blue inhaler

Lots of children with asthma will also have a brown inhaler

*You must use a spacer device*

*Reliever*



*Preventer*



[https://www.youtube.com/watch?feature=player\\_detailpage&v=M\\_mfMLuRwJQ](https://www.youtube.com/watch?feature=player_detailpage&v=M_mfMLuRwJQ)



# In an Emergency...

Call for adult help

Try not to panic – be reassuring

Help your friend to use their inhaler (one spray and 5 breaths)



- DO know where your Inhaler and Spacer are kept.
- You will have a school asthma plan which you should sign
- Talk to an adult if you are feeling unwell or if you can see your friend is unwell.



## **Your School wants to help you!**

**An asthma register (list of children with asthma)**

**School asthma plans (for children with asthma)**

**Emergency Kit (You must not touch these)**

**Training/Information for everyone!**





# Any Questions?



Whittington Health  
Magdala Avenue  
London  
N19 5NF  
7272

Tel: 020 3070

Fax: 020 7288 5550

Website: [www.whittington.nhs.uk](http://www.whittington.nhs.uk)

