

Asthma UK is your charity – we're here to answer your questions and ease your worries.

Speak to our friendly asthma nurses

Get one-to-one advice for you or your child from our expert team

0300 222 5800

Monday to Friday, 9am to 5pm.

Get all the advice you need online

Get up-to-date information and tips on everything from inhalers to hay fever and asthma safety at school

www.asthma.org.uk

Get the best from this folder

- Put this folder somewhere easy for you and your family to find
- Take the folder with you to every appointment, or
- You can take a picture of the action plan and calendar to take with you to your GP appointments



Support Asthma UK

Asthma UK is funded entirely by voluntary donations from our kind supporters. If you would like to make a gift today, please get in touch. Together we can stop asthma attacks and cure asthma.

0300 330 5475

support@asthma.org.uk

Get more health advice and asthma news with Asthma UK email updates
www.asthma.org.uk/sign-up



www.facebook.com/AsthmaUK and [@AsthmaUK](https://twitter.com/AsthmaUK)

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My Asthma

The handy kit to help you and your child stay on top of their asthma



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Call us **0300 222 5800**
Visit us **www.asthma.org.uk**



Asthma and Allergy:

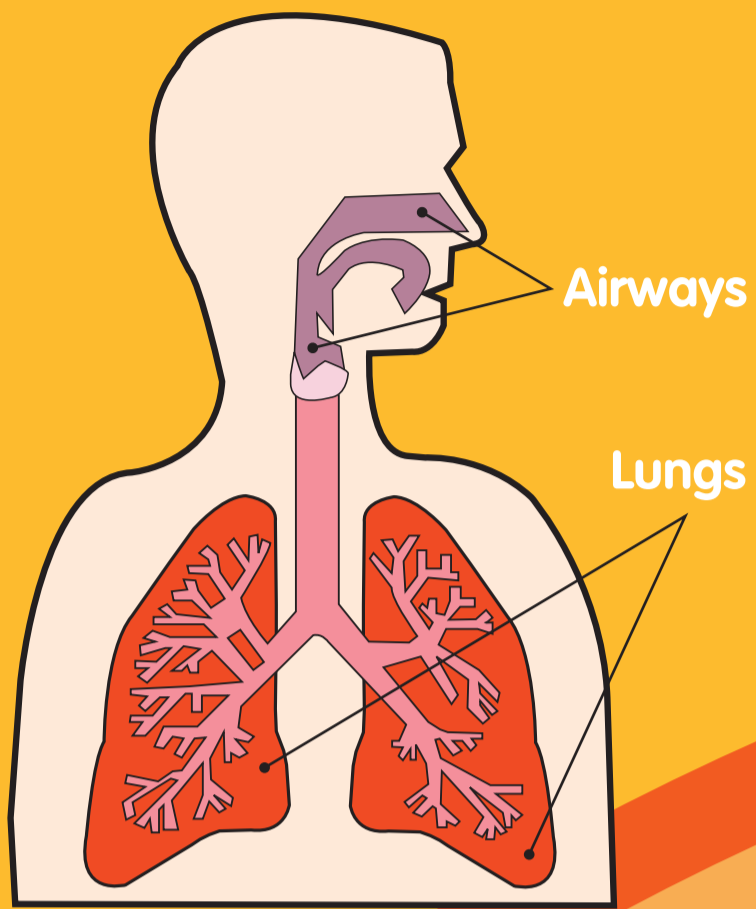
Danger: having an allergy as well as asthma can put your child at serious risk of a bad asthma attack. Your child is more likely to end up in hospital because of an asthma attack if they have allergies than if they don't. It could be an allergy to nuts or something as simple as hayfever.

Follow us:

www.facebook.com/AsthmaUK and [@AsthmaUK](https://twitter.com/AsthmaUK)

to swap tips with other people, see the latest news and get alerts for high pollen, pollution and cold weather:

What is asthma?



Asthma is a condition that affects the airways in your lungs. When you have asthma your airways become very tight which makes it harder to breathe.

Medicines
You will be given medicines to help your asthma, these are usually inhalers.

Triggers
Some things can make your asthma worse. These are called triggers. Do you know what your triggers are?

- Colds and flu
- Exercise
- Pollen
- House-dust mites
- Fur and feathers
- Cigarette smoke
- Pollution
- Emotions e.g. stress
- Some chemical fumes

This folder can help you understand more about your asthma and what to do if your asthma gets worse.



My Asthma Plan and My Asthma Calendar helps me look after my asthma.



My Asthma Plan helps me do all the things I like such as running and playing sport.