

Easy to read



All about asthma

This book is about asthma



You can get asthma at any age.

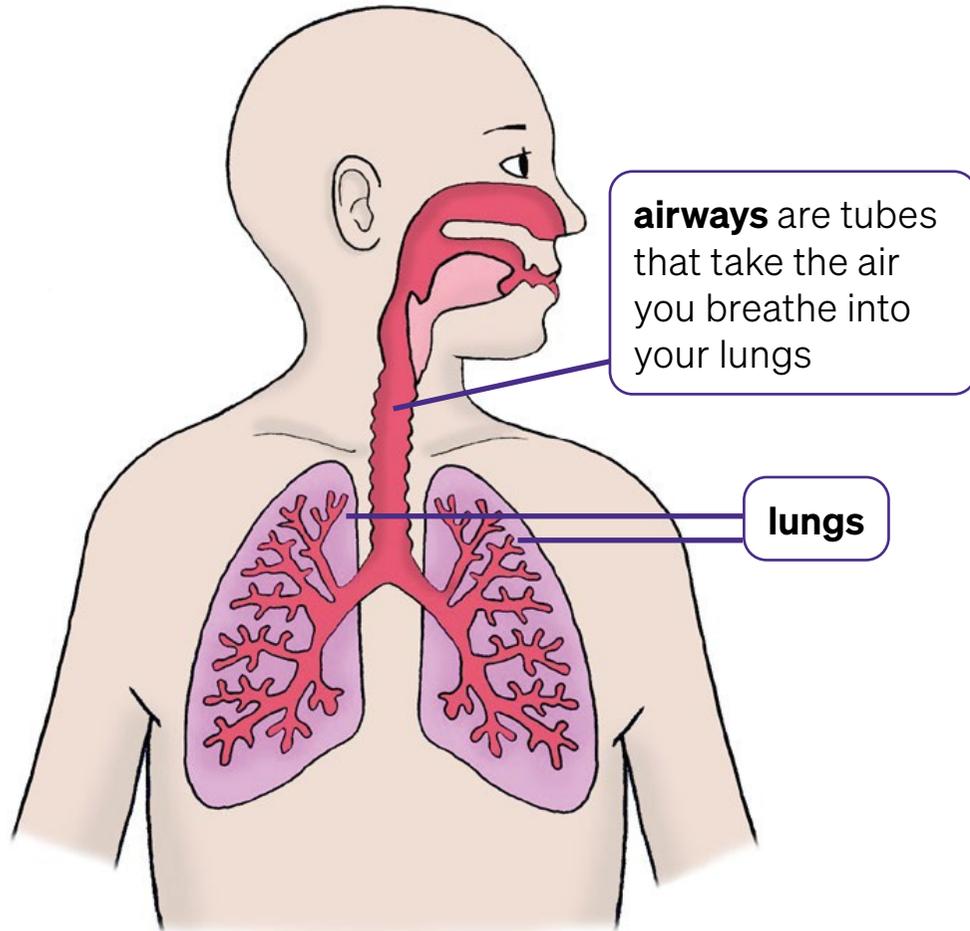
Sometimes it starts when you are a child.

Sometimes it starts when you are an adult.

You might get asthma if it is in your family.

This book can help you look after
your asthma.

What happens if you have asthma?



If you have asthma your **airways** do not work as well.

- You cough a lot.
- You **wheeze**.
- It is hard to breathe.
- Your chest feels tight.

You might have all of these things. You might only have some of them.

Wheeze – a noisy whistling sound in your chest when you breathe.

What can make your asthma worse?

Some things can make your asthma worse.

Everyone has different things that make their asthma worse.

Most people have more than one thing.

Here are some things that make asthma worse



pollen



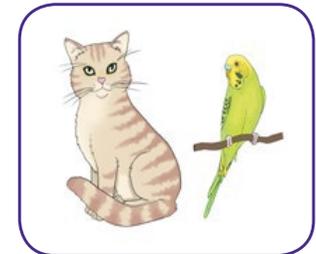
stress



perfume



changes in weather



some animals



colds



pollution

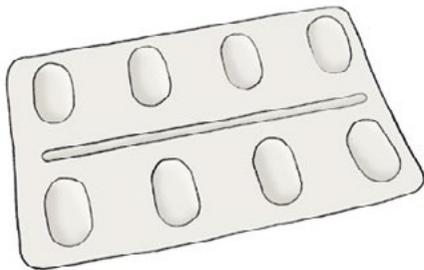


cigarette smoking



mould and damp

Medicines that can help your asthma



Inhalers

There are two kinds of inhaler.

One is called a reliever.

One is called a preventer.

Inhalers can be different shapes.

They can be different colours.

Inhalers are sometimes called puffers or pumps.

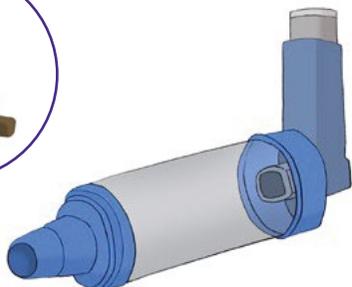
You might have tablets for your asthma too.



Reliever inhaler



Preventer inhaler



Spacer

Relievers

Reliever inhalers are usually blue.

You take them when your asthma feels bad.

They make it easier to breathe.

Keep your blue inhaler with you all the time.

Preventers

Preventer inhalers can be different colours and shapes.

You take them every day even if you feel well.

They make your airways work better.

Spacer

It helps to use a spacer with your inhaler.

A spacer is a plastic tube that helps you get the medicine into your lungs.

Asthma attack



Sometimes your asthma might get worse.

You are having an asthma attack if any of these things happen:

- you need to use your blue inhaler a lot
- your chest feels tight
- you are coughing and wheezing a lot
- you cannot breathe well
- it is hard to talk.

What to do if you are having an asthma attack



1. Sit up straight. Do not lie down. Try to stay calm.



2. Take one puff of your reliever inhaler (usually blue) every minute until you feel better. You can take up to ten puffs of your reliever inhaler.



3. If you don't feel better after ten puffs of your reliever inhaler, call 999 for help.

Will I have to go to hospital?

You might have to go to hospital.

Take your inhaler with you.

What to do after an asthma attack

Go and see your doctor the same day.

Your doctor will check if your asthma is OK.

You might need to see your doctor again soon.

This is to make sure your asthma is still OK.

Call **999** if you are worried at any time.

Going to the doctor about your asthma



Every year you should go to your doctor for an asthma review. An asthma review is a check up for your asthma.

Your doctor can help you look after your asthma at other times too.

Your doctor may:

- use a **peak flow meter** to check your breathing
- check you are using your inhaler properly
- see if your asthma is better or worse
- talk to you about looking after your asthma.

Peak flow meter – a tube you blow into. It tells the doctor how good your breathing is.

Being healthy is good for your asthma



Eat healthy food

Here are some things you can do to be healthy.

- eat **healthy food**
- do some **exercise**
- do things that make you **feel happy and relaxed.**



Do some exercise



Do things that make you feel happy and relaxed

Exercise



Exercise is good for you.

There are lots of ways to keep fit.

Keep your reliever inhaler with you when you exercise.

What if exercise makes your asthma worse?

Talk to your doctor before you start exercising.

Exercise can make asthma worse for some people.

Start with gentle exercise like walking or yoga.

Yoga – gentle stretching where you put your body into different positions.

Stop smoking



Smoking is bad for you.

Smoking is bad for your asthma.

Someone smoking near you can make your asthma worse.

Talk to your doctor if you smoke.

Your doctor can help you to stop.

There are groups to support you.

Stopping smoking is good for your asthma.

These people have asthma



If you look after your asthma, you can enjoy lots of different things

Take your preventer inhaler every day to look after your asthma

Your asthma

Put something about your own asthma here.

Other information to help you

Signs of an asthma attack

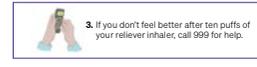
- You need to take your reliever inhaler (usually blue) a lot
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This has been made by Asthma + Lung UK, a charity that helps people with asthma.

Asthma and Lung UK, a charitable company limited by guarantee with company registration number 0963814, with registered charity number 297720 in England and Wales, SC038415 in Scotland, and 1177 in the Isle of Man.

Last reviewed and updated 2022; next review 2025.

Call our Helpline 0300 222 5800
AsthmaAndLung.org.uk

Asthma attack card

What to do in an asthma attack

My asthma inhalers

Every day – even if I am feeling unwell

My preventer is the colour

I take:

- puffs in the morning ☀️
- puffs at night 🌙

When I need to

My reliever is the colour

I take:

- puffs when my asthma gets bad

My doctor's name is

My doctor's telephone number is

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Inhaler card

Reminds you when to use your inhalers

Go to the website

www.asthma.org.uk/advice/resources

Asthma + Lung UK is a charity



Helpline: **0300 222 5800**

[AsthmaAndLung.org.uk](https://www.AsthmaAndLung.org.uk)

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