

DO'S



Have regular asthma reviews



Follow an up-to-date personalised asthma action plan



Take your preventer inhalers as prescribed



Take steps to improve your indoor air quality and limit your exposure to outdoor air pollution



Be aware of your asthma triggers/allergies and how to manage them

DON'TS



Don't smoke any tobacco or chemical products



Don't delay in seeking help if you are not feeling well



Don't travel high air pollution areas



Don't expose children to smokers and second-hand smoke



Don't take any medication without discussion with a healthcare professional

#EASYAsthma

For more information visit:
<https://sybhealthiertogether.nhs.uk>