



# ASTHMA



## 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>