

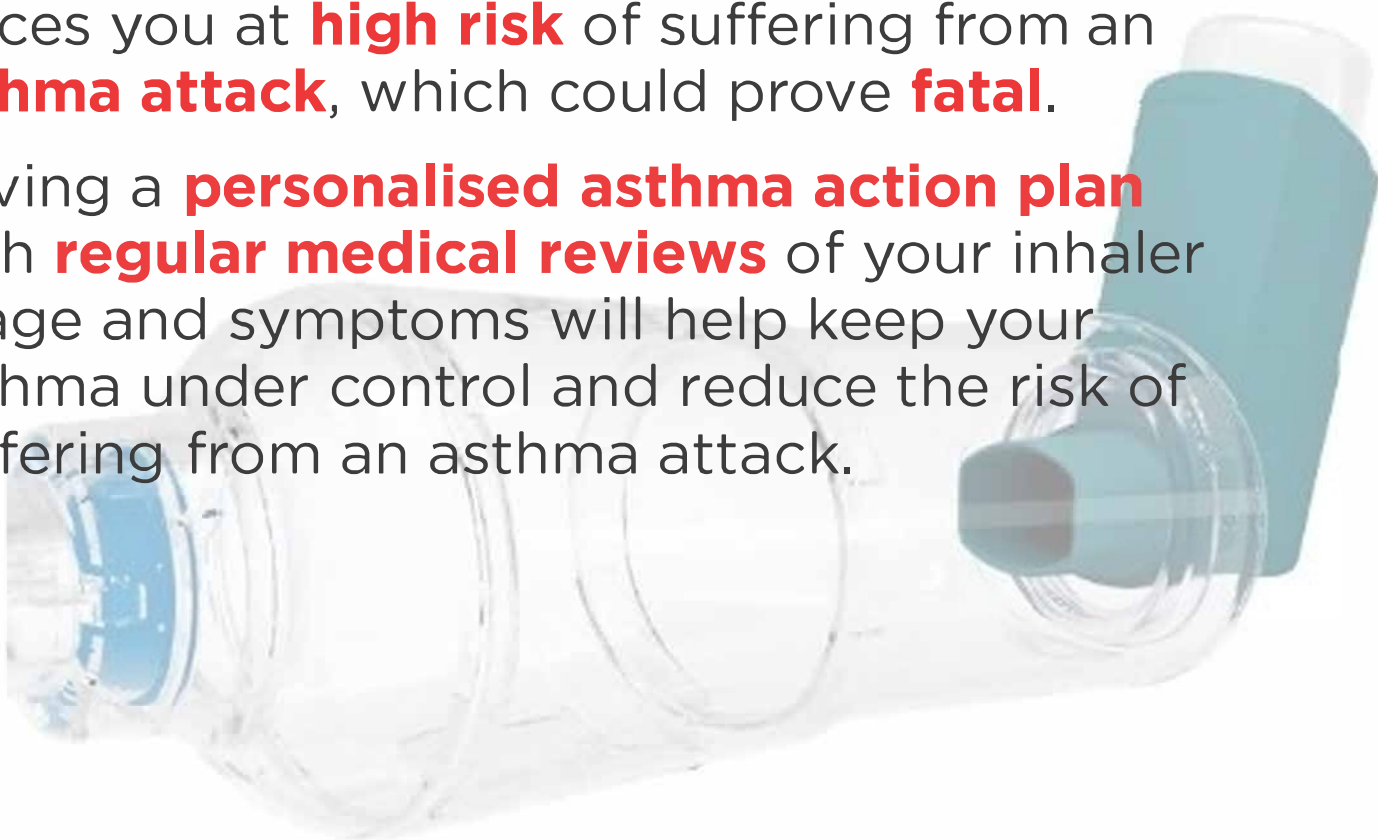


PICKING UP A **BLUE** RELIEVER INHALER? ASK YOURSELF...

- 1 Is my asthma **under control**?
- 2 Am I using **3 or more reliever inhalers** per year?
- 3 Am I having **regular medical reviews** for my asthma?

Using **3 or more reliever inhalers in a year** is a sign that your asthma is not in control. This places you at **high risk** of suffering from an **asthma attack**, which could prove **fatal**.

Having a **personalised asthma action plan** with **regular medical reviews** of your inhaler usage and symptoms will help keep your asthma under control and reduce the risk of suffering from an asthma attack.



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



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