

Humber and North Yorkshire Asthma Friendly Schools Newsletter

JULY 2024

Asthma is the most common long-term medical condition affecting children and young people in the UK. Around 3 children in every school classroom have asthma. Although there is no cure for asthma, for most people with asthma it can be well managed by taking a preventer inhaler every day, even when feeling well.



A reliever inhaler should be easily accessible to someone with asthma, in case of worsening asthma symptoms, such as wheezing, breathlessness or cough. However, good asthma control means having NO symptoms.

It is important to have good inhaler technique to ensure the medicine in the inhaler reaches the lungs, where it is needed. Inhaler technique is different depending on the type of inhaler that has been prescribed. Follow this QR code or go to [How to use your inhaler | Asthma + Lung UK \(asthmaandlung.org.uk\)](https://www.asthmaandlung.org.uk) and select the inhaler type you want to learn about and watch the helpful technique videos.



Over the summer holidays continue to take the preventer inhaler as directed, to prevent troublesome asthma symptoms and dangerous asthma attacks. The benefits of the preventer inhaler build up over time. It protects the airways from getting inflamed and means they are less likely to react to asthma triggers, such as pollen, air pollution and viruses. Find out more about asthma [Home - Moving on Asthma](#).



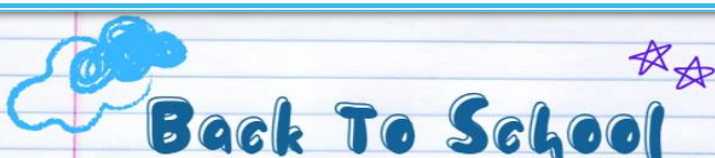
#AskAboutAsthma 2024: helping children and young people to live their best lives

#AskAboutAsthma 2024 takes place from 9-15 September. This year's campaign is focusing on helping children and young people with asthma to live their best lives.

Good asthma control means having no symptoms and can be achieved by following these four asks:

1. get an asthma action plan in place,
2. understand how to use inhalers correctly,
3. schedule an asthma review – every year and after every attack,
4. consider air pollution and its impact on lung health.



Visit the [2024 campaign webpage](#) for more information and resources to help you share the campaign. www.transformationpartners.nhs.net/askaboutasthma-2024



Back To School

To do list

- School uniform
- Packed lunch
- Asthma inhaler and spacer
- Asthma action plan



Are you an Asthma Friendly School?



Follow the QR code to find out more about becoming an asthma friendly school.

If you are worried about your/your child's asthma, please contact your GP or Asthma Nurse and book an asthma review.