



Sale:

A child asthma-friendly town

EVERY 20 MINUTES across the UK, a child is admitted to hospital.
NEARLY ALL child asthma deaths are avoidable.

**We're aiming for Sale to become the UK's first
child asthma friendly town**

There are just 5 things that everyone should know:

1

ALL CHILDREN SHOULD HAVE AN ASTHMA ACTION PLAN
It tells you what to do when a child has symptoms
Available from general practice- share with schools

2

TAKE PREVENTER INHALERS TWICE A DAY EVEN WHEN WELL
Preventer inhalers are usually brown or beige
They take away swelling inside the air passages

3

TAKE BLUE RELIEVER INHALERS NO MORE THAN 3 x A WEEK
Blue inhalers work quickly to open the airways
If a child needs this often, ask for a check up with
the nurse at the surgery

4

TAKE 1 PUFF AT A TIME AND ALWAYS USED A SPACER
A spacer is a plastic bubble that slows the
medicine down so that it can be breathed in better

5

KNOW THE FIRST AID FOR AN ASTHMA ATTACK
If children wheeze, cough and can't breathe
If they can't talk, walk, eat & look pale or blue

- Keep calm, sit them upright
- Give them 2-4 puffs of blue reliever inhaler through a spacer, at 1 minute intervals
- If they don't feel better, call 999
- Give them 1 puff a minute, up to 10 times, of blue reliever inhaler
- Never think you're wasting NHS time. Call!

Anyone in Sale can book free asthma awareness training.

Visit www.breathchamps.com/asthma-friendly-town