



Taking control of asthma for children and young people



It's not easy being wheezy

**Find out more about how to
manage and control asthma
with our online Asthma Toolkit**



**Surrey Heartlands
Children and Young People's Asthma Team**
beating asthma together



Taking control of asthma: top tips

- ✓ **Get an asthma action plan in place**
- ✓ **Understand your triggers**
- ✓ **Use your inhaler correctly with a spacer**
- ✓ **Take your preventer every day, even when you feel well**
- ✓ **Have an annual asthma review with your GP or Practice Nurse**
- ✓ **Have an annual flu vaccination**



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