

Here are some tips to reduce the risk of a back-to-school asthma attack

Advice to children

- Remember to take your **preventer** inhaler, even if you are feeling well. This helps calm the inflammation in the airways and reduce the risk of an asthma attack.



- Make sure you are using your spacer device and your technique is correct.
- Do you know your triggers? If not get to know these so you can reduce your asthma symptoms.
- Ensure you have a copy of 'My Asthma Action Plan'. (Save a photo of it on your phone if you have one).
- Make sure you know where your spacer and **blue** inhaler is kept (ideally in your classroom).
- Let your teacher know if you are unwell and need to take your **blue** inhaler.

ENVIRONMENT

Air Pollution and Children

Air pollution can worsen asthma symptoms including coughing, wheezing and breathlessness. The actions below can help:

1. Discover the side streets



Use quieter roads and paths to keep away from heavy polluting traffic.

2. Leave the car behind



Encourage your whole family to walk, cycle and scoot more - air pollution can be higher inside a car than outside.

3. Turn the engine off



If you do need to use a car, ask the driver to turn the engine off when the car isn't moving.

4. Check the pollution forecast



Check air pollution levels in your local area at uk-air.defra.gov.uk - this site provides hourly measurements and forecasts. Remember that air pollution increases significantly near busy roads, especially during rush hour.

5. Keep the air clean inside too







Use fragrance free and low-chemical cleaning products. Stop air pollution collecting in your home by using extractor fans and opening windows away from busy roads.

You can learn more about air pollution and find some simple ways to tackle it and protect your health at cleanairhub.org.uk

My air pollution plan:

Choose the actions that you and your family are going to do, when you can, to protect your health from air pollution:

Please tick all that apply

- We will walk, cycle or scoot to school 
- We will use quieter routes to avoid roads with heavy traffic
- We will turn the engine off when the car is stationary and it is safe
- We will leave the car at home whenever we can 
- I will use my inhaler as recommended by my GP or asthma nurse
- I will treat air pollution the same way I treat other asthma triggers
- We will buy fragrance-free, milder cleaning products and avoid plug-in fragrances
- When decorating, we will choose paints and varnishes labelled 'low VOC'
- We will ask people not to smoke in our home 
- We will avoid home burning as much as possible (e.g. log burners, coal fires or candles)
- We will turn on the extractor fan when cooking 
- We will open a window when cooking and cleaning 