



# Do **you** have asthma?

If you answered yes, you will need:



**a plan for managing your asthma**



**to learn how to use your inhaler**



**to review your asthma every year**

## What **you** can do:

- 1** Ask your parents or carer to ask the GP or school nurse for an asthma management plan
- 2** Ask your pharmacist, GP or nurse to show you how to use your inhaler correctly
- 3** Ask your parent or carer to ask the GP, asthma nurse or consultant for an annual asthma review



These **three important steps** can prevent an emergency admission to hospital and even save a life.