

Asthma Newsletter

Summer 2026

Did you know there is an increase in asthma attacks in the week following back to school?

Want to know how to prevent this?

Follow the Children's Community Asthma Nurses top tips:

- Take your **Preventer** inhaler every day.
- Always use a **spacer** unless you have a dry powder inhaler.
- Know what **triggers** your asthma.
- Book an **asthma review** with your GP practice during the summer holiday.



What does a "preventer" inhaler do?

1. It reduces the swelling and inflammation within the airway in the lungs.
2. This makes the airways less sensitive to asthma triggers.
3. Using it every day as prescribed, will mean you need to take your rescue (blue) inhaler less.

What are asthma triggers?

Triggers are things that make asthma worse when exposed to them. For example, colds, pollen or air pollution.

What is good asthma control?

1. No symptoms during the day.
2. No symptoms waking them at night.
3. Able to complete all normal activities including PE.
4. Little/ no need for the rescue (blue) inhaler.

If you are worried that your child's asthma is not controlled despite preventer treatment, why not visit your GP to discuss referral to the Children's Community Asthma Service.

