



Going to hospital because of an asthma attack

Information leaflet for 9–15-year-olds



Further information and support

Asthma + Lung UK

☎ 0300 222 5800

✉ helpline@asthmaandlung.org.uk / info@asthmaandlung.org.uk

☎ 07378 606 728

NHS website

www.nhs.uk/conditions/asthma/

Want to get involved in making a difference to asthma services?

✉ and_us@rcpch.ac.uk 🐦 @RCPCH_and_Us

Thank you to the NACAP Asthma & Me Young Ambassadors for helping to design this leaflet.

7 steps for healthy lungs:

1 Eat a healthy diet.



2 Do not smoke.



3 Drink lots of water.



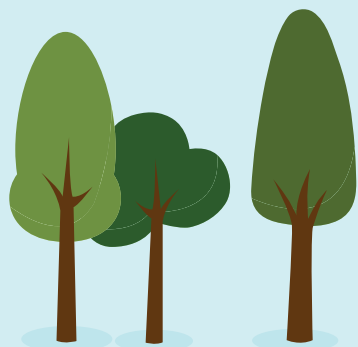
4 Make sure your posture is good.



5 Avoid things that may make your asthma worse, such as house plants.



6 Get plenty of fresh air.



7 Get plenty of exercise, such as playing sport or going for walks.



What happens when you get to hospital

The doctor or nurse will give you some medicine to take (unless you had it before you came).

The doctor or nurse will ask you and the adult you came with some questions and check you over.

Before you leave hospital, your doctor or nurse should:



check that you know how to use your inhaler



give you a new asthma plan or update your old one



ask you if you or anyone in your house smokes



arrange your next asthma appointment.

It's OK to remind your doctor or nurse if something has been missed and to ask questions if you are unsure about anything.

Hospitals are working hard to make sure that all these things happen for all children that come to hospital with an asthma attack.

If you are nearly 16, have a look for the 16+ leaflet. There is still lots of support for you when you are older too.

Wordsearch

T	E	C	H	N	I	Q	U	E	S	X	E
S	R	W	X	Y	O	L	P	T	D	T	R
M	M	T	T	L	U	N	G	S	O	K	I
E	H	O	C	I	S	F	W	T	C	M	N
D	V	T	K	T	T	P	K	L	T	R	H
I	Q	O	H	I	T	E	A	T	O	S	A
C	I	T	T	T	N	T	T	C	R	P	L
A	A	P	A	A	P	G	T	T	E	I	E
T	L	T	N	U	R	S	E	T	T	R	R
I	J	N	A	C	A	P	A	U	D	I	T
O	B	H	O	S	P	I	T	A	L	T	T
N	A	P	P	O	I	N	T	M	E	N	T

Techniques

Spacer

PAAP

Smoking

NACAP audit

Medication

Inhaler

Hospital

Lungs

Doctor

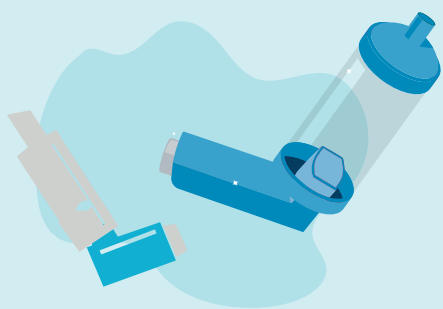
Nurse

Appointment



Using your inhaler

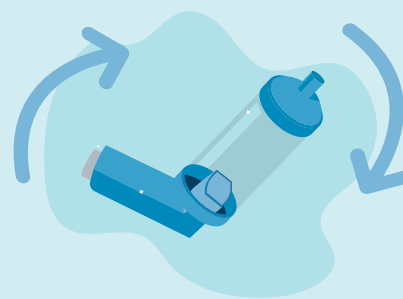
Get your inhaler and spacer if you need it (Some spray inhalers need a spacer. Dry powder inhalers don't)



> Put it together >



Give it a shake and click it open or remove the lid (you don't need to shake powder inhalers)



Breathe out then put the spacer or inhaler in your mouth and do a big breath in



> Count to 10 then breathe in and out normally >



Rinse your mouth afterwards (you don't need to rinse your mouth after using your blue inhaler)



Clean your spacer once a week with soap and water. Leave it to drip dry AND DON'T DRY IT WITH A TOWEL