

Going to hospital because of an asthma attack

Information leaflet for young
people aged 16+ years



Within 1 hour of arriving at hospital, you should receive medicine (steroids) for your asthma (unless you had them before you came).

Before you leave hospital, your doctor or nurse should:



check your inhaler technique



give you a new asthma plan or update your old one



check if you or anyone in your household smokes



request a follow-up appointment for you in an asthma clinic within 4 weeks of leaving hospital.

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

Hospitals are aware of the National Asthma and COPD Audit Programme and are working hard to make sure that these standards of care are met for all children and young people that come to hospital with an asthma attack.

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 allergens, such as house plants
- 6** Get plenty of fresh air
- 7** Get plenty of exercise, such as playing sport or going for walks.



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](https://twitter.com/RCPCH_and_Us)

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