

# ASTHMA



How to stay **WELL**

- > **HEALTHY EATING**
- > **DOING THINGS I ENJOY**
- > **EXERCISE**
- > **GETTING ENOUGH SLEEP**
- > **TAKING MEDICATION**
- > **TALKING WITH FRIENDS AND FAMILY**



## What to **DO**

Calm down and take deep breaths

Talk to people and try not to worry

Always carry a reliever inhaler

Take your medication

Use the Child Asthma Action Plan on the [asthma.org.uk](http://asthma.org.uk) website

## TRIGGERS >



- > **STRESS AND WORRY**
- > **NOT TAKING MEDICATION**
- > **COUGHS AND COLDS**
- > **AEROSOLS**
- > **SOME ALLERGIES**

## SUPPORT >



tinymedicalapps 

