Let's talk about your asthma!

It is very important that you take all your asthma information into school and nursery. Share it with everyone who looks after you.

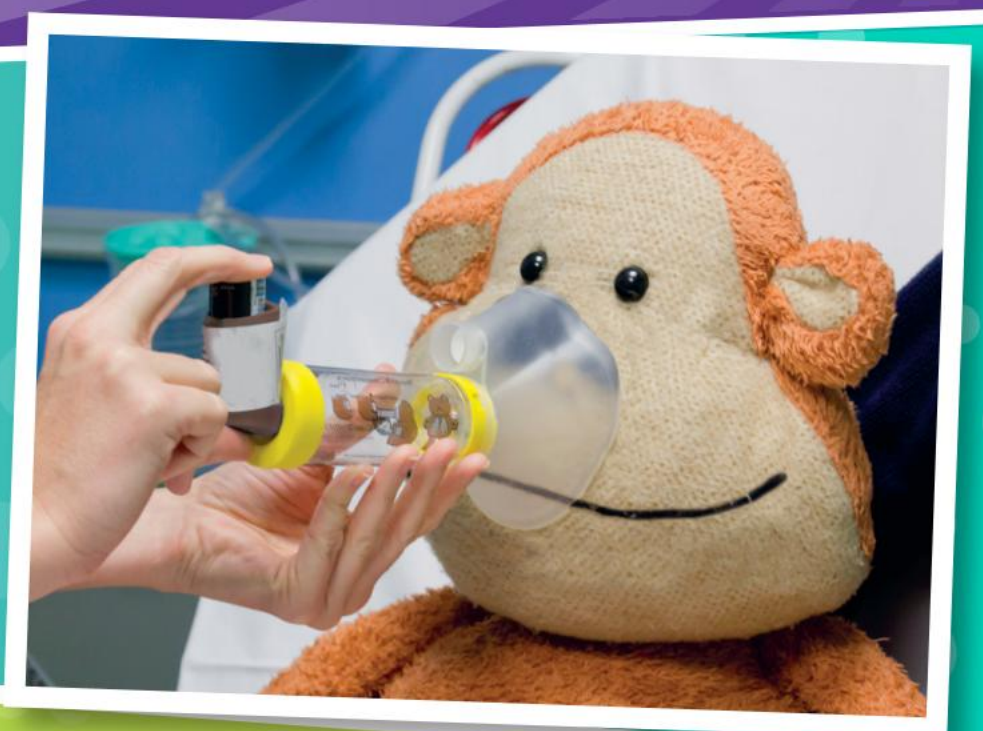


Asthma Plan

Everyone with asthma should have an asthma management plan, have you?

Inhalers

Do you know how to use your inhaler correctly? Do you know when to use your inhaler?





Review

Have an annual asthma review.



#AskAboutAsthma

Download Monkey's free wheeze plan and symptom diary on www.monkeywellbeing.com

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