Your Inhalers

Do you know how to use your inhaler correctly?

Do you know when to use your inhaler?

Have you got an asthma management plan?



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.



Monkey Wellbeing

#AskAboutAsthma

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

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