



Asthma is the most common long-term medical condition affecting children and young people.

- **1 in 11 are affected** by the condition, around 3 in every classroom.
- Poorly managed asthma results in over **20,000 hospital admissions every year** in England. **90% of asthma deaths are preventable** yet children die of asthma every year.
- Asthma is **the most common chronic medical reason** for students missing school.

We can all take action to help so that children with asthma lead long, full and productive lives.

#AskAboutAsthma

London's annual [#AskAboutAsthma campaign](#) has run for 9 years, led by NHS England – London's babies, children and young people's team.

The campaign raises awareness of 4 simple asks that can make a big difference to how children and young people (CYP) experience their asthma:

- [Having an asthma plan](#)
- [Attending a regular asthma review](#)
- [Using inhalers properly](#)
- [Knowing how air pollution affects them](#)

Key messages

- Asthma should not limit children and young people's lives in any way.
- Good asthma control means having NO symptoms and NO attacks.
- Following the '4 Asks' means children and young people can live their best lives and reduce the risk of harm.

Theme: *One year on from the [National Child Mortality Database report](#): How can we prevent asthma deaths?*

How schools can support the #AskAboutAsthma campaign:

- **Display** public facing posters from the [campaign page](#) in appointed areas.
- **Share resources** with your team and review your staff training offer.
- **Raise awareness and inclusion** for asthma.
 - Find some lesson plans [here](#) and see our [spotting signs of asthma poster](#) to help you get started.
- **Encourage** young people and their families to think about the [impact of indoor and outdoor air pollution](#) at home and on the way to/from school.
- **Talk to young people** about the risks of [smoking](#) and [vaping](#).
- **Identify** children and young people that have asthma.
- **Become** an: [Asthma Friendly School](#).
- **Know what to do if a person is having an asthma**, this [video](#) will guide you.

Child having an asthma attack? It's TIME to act now

T

Think

Does the child have any of the following signs?

- Coughing
- Wheezing
- Hard to breathe
- A tight chest
- Cannot walk
- Cannot talk
- Drowsy or tired

They could be having an asthma attack and need urgent treatment.

I

Intervene

- Stay with the child. Send someone else to get their inhaler and spacer.
- Keep calm and reassure the child. Sit them up and slightly forward.
- When you administer the inhaler, note down the time.

Which inhaler should I use? Salbutamol (blue inhaler) is the most common reliever inhaler. It acts quickly to treat asthma symptoms and attacks. Some children may use alternatives (e.g. Symbicort) – instructions can be found in the child's personalised asthma plan.

M

Medicine

- Shake the inhaler, then place inside the spacer's adapter.
- Spray 1 puff. The child then takes 5 breaths using the spacer's mouthpiece.
- Repeat the above steps for up to 10 puffs if needed.

If salbutamol inhaler doesn't relieve symptoms, or if the effect doesn't last more than 4 hours, **this is a medical emergency – follow the 'Emergency' steps below.** Inform parents and emergency services that this is an asthma attack and how many puffs you have given.

E

Emergency

- Call the child's parent or guardian. If the child has improved, the family should collect them and take them **directly to the GP or A&E** for an urgent check-up.
- If the child isn't improving, or if you're worried or unsure in any way, **call 999 for an ambulance and say: "child asthma attack"**.
- If the ambulance takes longer than 10 minutes and the child hasn't improved, **repeat the 'Medicine' steps above.** Give up to 10 more puffs if needed.

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London Ask About Asthma Campaign'.

