#AskAboutAsthma 8-11 September 2025

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Fact sheet for schools

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

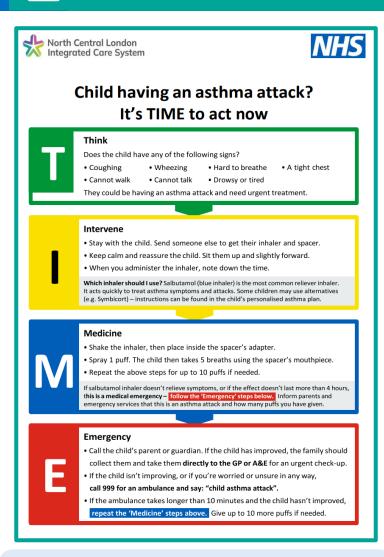
Key messages

- 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 <u>National Child Mortality Database report</u>: How can we prevent asthma deaths?

How schools can support the #AskAboutAsthma campaign:

- Display public facing posters from the <u>campaign page</u> in appointed areas.
- Share resources with your team and review your staff training offer.
- Raise awareness and inclusion for asthma.
 - Find some lesson plans <u>here</u> and see our <u>spotting signs of</u> <u>asthma poster</u> 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 <u>video</u> will guide you.



Contact us: england.cyptransformationldn@nhs.net

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