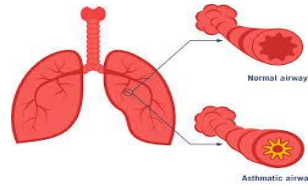


World Asthma Day 6th May 2025



Asthma is a chronic lung condition that affects the airways. These airways become swollen and inflamed. It is the most common long-term condition among children and young people in the UK. Symptoms include wheezing, breathlessness, coughing, or a feeling of tightness in the chest

In the UK, approximately 5 million people have asthma with 1 in 11 children and 1 in 12 adults. **World Asthma Day** is held every year to raise awareness of asthma in the world.

Top Tips

The preventer inhaler helps to reduce swelling in the airways and stops them from tightening up. It's important not to miss doses even when feeling well as regular use is key to keeping asthma under control.

1. Help your child take their preventer inhaler every day
2. Regular inhaler/techniques checks
3. An Asthma Action Plan in place
4. An Asthma review at least once a year

Support Organisations and Information:

[What is asthma? | Asthma + Lung UK](#)/ UK Charity for everything about Asthma and Lung conditions.

<https://www.allergyuk.org/types-of-allergies/asthma-respiratory/> Information about asthma and allergies, how to manage symptoms of both and how to avoid triggers.

<https://www.what0-18.nhs.uk/professionals/paramedics/safety-netting-documents-parents/asthma-action-plan> Advice for children and young people over 2 years of age

<https://www.asthmaandlung.org.uk/conditions/asthma/child/manage/action-plan>

Information on why asthma action plans are important and how to create one with a health professional.

[World Asthma Day - 6th May 2025 - St. Johns Way Medical Centre](#)

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy