

WORLD ASTHMA DAY

Tuesday May 5th 2026

World Asthma Day is a global initiative aimed at raising awareness about asthma, a chronic respiratory, long-term lung condition affecting millions of people worldwide.

**Asthma is the most-common long-term condition for children in the UK.
That's 3 children on average in each classroom.**

Asthma is a long-term condition & asthma can get worse over time if poorly managed.

Asthma Reviews with your GP Practice

Regular Asthma reviews are key to successfully managing your child's asthma at home and at school.

An asthma review will provide you with improved and updated knowledge in managing your child's Asthma, including:

- ❖ Early recognition of symptoms
- ❖ Trigger awareness
- ❖ What to do in an emergency
- ❖ Asthma care plan for home & school
- ❖ Correct inhaler technique

Asthma + Lung UK

Visit the UK's leading charity providing advice, knowledge and support on Asthma.

Get Support – call or email the charity's helpline:

Call: 0300 222 5800

Email: helpline@asthmaandlung.org.uk

11-19 years old? Young people in Hounslow can text a School Nurse on **07507 333 176** for confidential advice and support.



Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)

Parents and carers in Hounslow can text a School Nurse on **07312 263 080** for confidential advice and support for their child or teenager.



Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)