

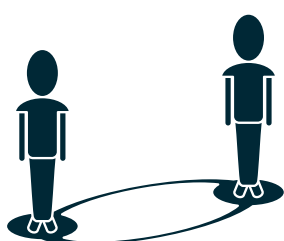
7 HEALTH TIPS FOR ASTHMA

How to minimise risks and stay well



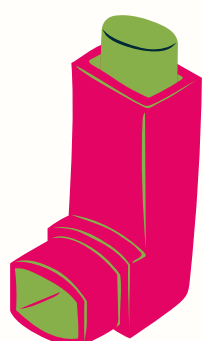
FOLLOW HYGIENE ADVICE

practice good hand washing, clean surfaces regularly and ensure all coughs and sneezes are caught in a tissue or sleeve (not hands).



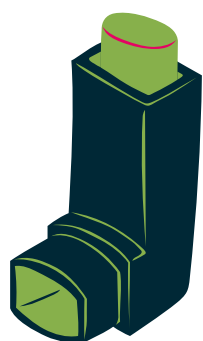
SOCIAL DISTANCING

Follow government guidelines. Stay 2 meters apart if you have to go out and practice hygiene measures above.



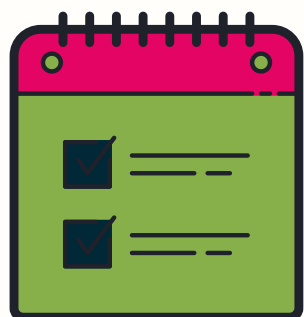
PREVENTER MEDICATION

Take as prescribed by your GP. If you haven't taken it recently, then start again until further notice.



RELIEVER INHALER

Carry with you at all times to treat the onset of sudden symptoms.



ASTHMA ACTION PLAN

This will guide you if you need help. It will also guide your GP/Nurse as they will ask about your symptoms, feelings and medication.



PEAKFLOW METER

Useful to monitor your asthma. Your results will indicate if your asthma is stable or if you need to take action.



HAYFEVER SEASON

Does hay fever impact your asthma? Yes? Start taking regular antihistamines and a nasal spray if you normally use one.