

SHAWBIRCH

MEDICAL CENTRE

Dear Parent

This summer holiday you can help prevent your child's asthma from worsening

Did you know that the summer holidays are a crucial time for continuing your child's asthma medication?

The return to school or college in September is a time when asthma often gets worse for young people. This may be due to contact with infections at the start of the new school year. But don't worry: act now and you can make the difference this summer.

How can I help prevent my child's asthma from worsening?

This summer, simply make sure your child continues to take their asthma medication, as per their normal prescription.

What if my child has stopped their medication?

If your child has stopped taking their medication during the spring or over the summer holidays, start it again as soon as possible. If they're short of medication, please order more via the usual route. If you're not sure of the proper dose, please get in touch with us.

You can reduce the chances of your child getting poorly and help them have a safer return to school or college.

Yours sincerely

The Asthma Team at Shawbirch Medical Centre