

SHAWBIRCH

MEDICAL CENTRE

Dear Young Person

This summer holiday you can help prevent your asthma from worsening

Did you know that the summer holidays are a crucial time for continuing your 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 asthma from worsening?

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

What if I have stopped my medication?

If you have stopped taking your medication during the spring, or over the summer holidays, start it again as soon as possible. If you'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 getting poorly and have a safer return to school or college.

Yours sincerely

The Asthma Team at Shawbirch Medical Centre