



Do you know about the four asks to manage asthma?

With the right care every child or young person with asthma can live a full, active life:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Ask about the impact of outdoor and indoor air pollution

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from 3 - 9 October
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asthma care advice
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