

# September spike

Every September lots more children go to hospital because of asthma.



In the summer many children forget to use their inhaler or mistakenly think they don't need to. When schools go back, help your child avoid a trip to A&E.

## How you can prepare for the September spike

- Make sure you use your preventer inhaler every day
- If you are due an asthma check, arrange an appointment to make sure your asthma is under control
- Carry a copy or photo on your phone of your asthma action plan. Also make sure your school has a copy too
- Know what your triggers are.

## Signs to look out for

- Using a reliever 3 or more times a week
- Coughing or wheezing at night and in the morning
- Breathlessness
- Tight chest or your tummy hurts.

If you need any advice or support, please speak to your GP who will be able to refer to the **Lewisham Paediatric Community Asthma Nursing Team**

