

[illegible]

Top tips for getting your asthma under control

- Eat a healthy diet with lots of fresh fruit and vegetables.
- Drink plenty of water and avoid getting dehydrated.
- Children's symptoms should be monitored every 6 months by a health care professional
- Talk to the doctor or asthma nurse about the medicines that you are taking, how to identify and avoid triggers, and how to cope with a long-term condition.
- Use your preventer inhaler regularly as prescribed. This will reduce your risk of having an asthma attack if you come into contact with a trigger



**ST FRANCIS' COFE
(AIDED) JUNIOR**

ASTHMA CARE CARD
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