



Asthma in School

Haringey Healthy Schools Programme

Haringey Council Public Health Team



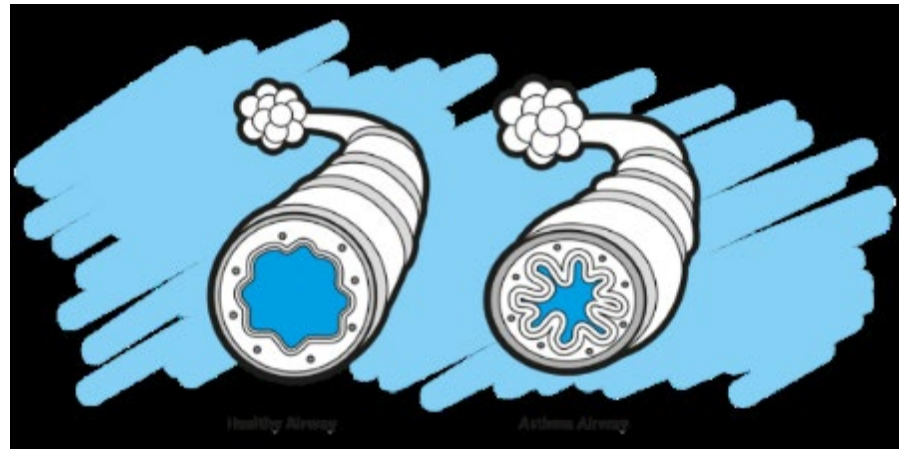
Who has asthma?





What is asthma?

‘Asthma is a condition that affects the tubes that carry air in and out of the lungs’



Inhalers and spacers

RELIEVER + SPACER BLUE INHALER

→ These are what you should always use at school



Some children may also have a brown inhaler



How Does It Feel To Have an Asthma Attack?



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**“WHEN I HAVE AN
ASTHMA ATTACK I
FEEL LIKE A FISH
WITH NO WATER.”**



JESSE, AGE 5



An Asthma Attack



**SHORTNESS
OF BREATH**



**DIFFICULTY
BREATHING**



DRY COUGH



WHEEZING



**CHEST PAIN
OR TIGHTNESS**

In an emergency

- Tell someone if you are feeling unwell yourself
- Call for help! Get an adult.
- Try not to panic!
- Stay with your friend and keep them calm, help them with their inhaler if they have it.



In School

- Do you know where your inhaler and spacer are kept?
- Asthma register
- Emergency kits



Thank You

Any Questions?