

An illustration of five children playing basketball on an outdoor court. In the center, a girl with long brown hair in a ponytail, wearing a light green hoodie and pink pants, is seen from behind. To her left, a boy in a blue long-sleeved shirt and green shorts is reaching out with his hands. Further left, another boy in a white and red hoodie and grey shorts stands with his hands on his hips. To the right of the girl in the center, a boy in a red hoodie and blue jeans is looking towards her. On the far right, a girl with blonde hair in a ponytail, wearing a pink vest over a white long-sleeved shirt and purple leggings, is holding an orange basketball. The background shows a green field and a line of trees under a blue sky. The entire scene is framed within a white rounded rectangle.

# Asthma Assembly

# What is Asthma?

Asthma (pronounced As-ma)

Asthma is a condition that affects a person's breathing.

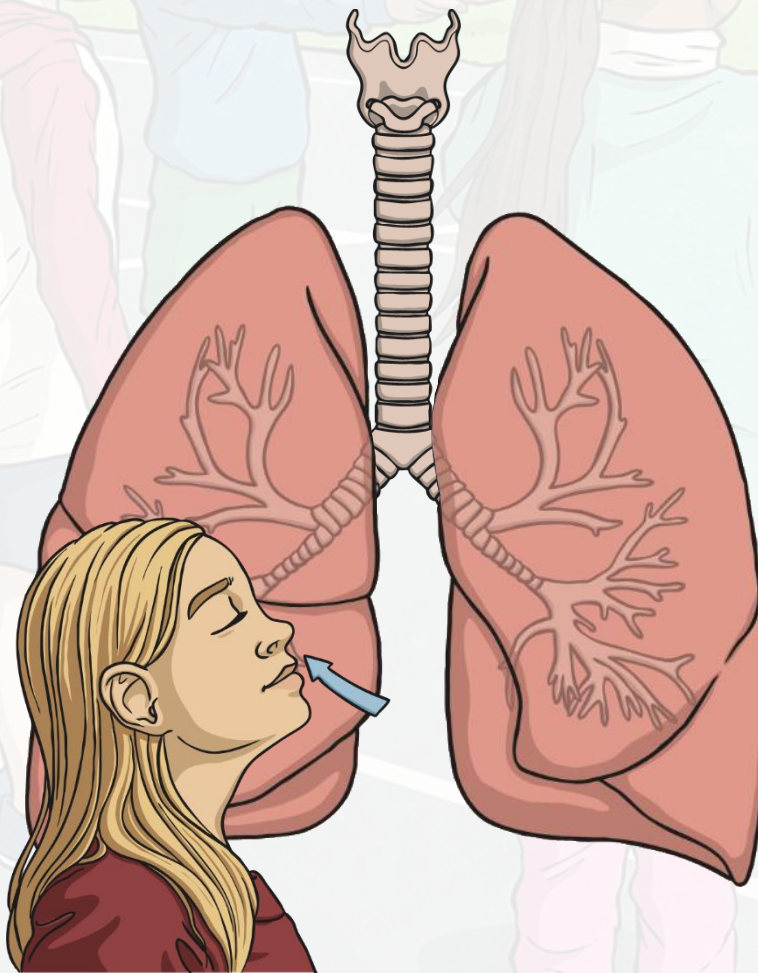
Asthma tends to run in families. No one really knows how we get asthma and it affects both the young and old.

Some people find that their asthma improves as they get older.





# How Does Asthma Affect Breathing?



When we breathe in, the air travels through our mouth and nose and travels down our airway to reach our lungs.

If someone has asthma, the muscles around the airways can start to swell and it makes it much harder to get a full breath.

Sometimes, sticky mucus starts to form, which makes getting a full breath even harder.

# What Causes the Airways to Become Swollen?

There are no known reasons for developing asthma, but there are some things that can trigger on an 'asthma attack'.

(By this, we mean something that will irritate the airways, causing the muscles start to swell and making breathing difficult.)

These include:

dust

pollen

wet, mouldy conditions

animals

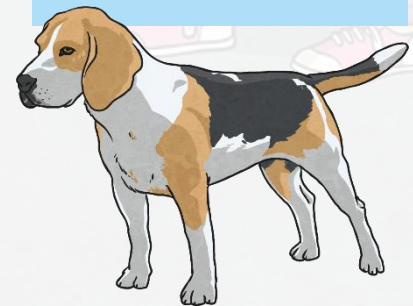
catching a cold or a flu

chalk dust

intense exercise



smoke (such as cigarette smoke)





# What are the most common asthma symptoms?

The most common symptoms of asthma are:

- coughing
- wheezing (a whistling sound when you breathe)
- breathlessness
- chest tightness

Experiencing one or more of these symptoms could mean you have asthma. It's more likely to be asthma if your symptoms keep coming back, are worse at night, or happen when you react to a trigger – such as exercise, weather or an allergy.

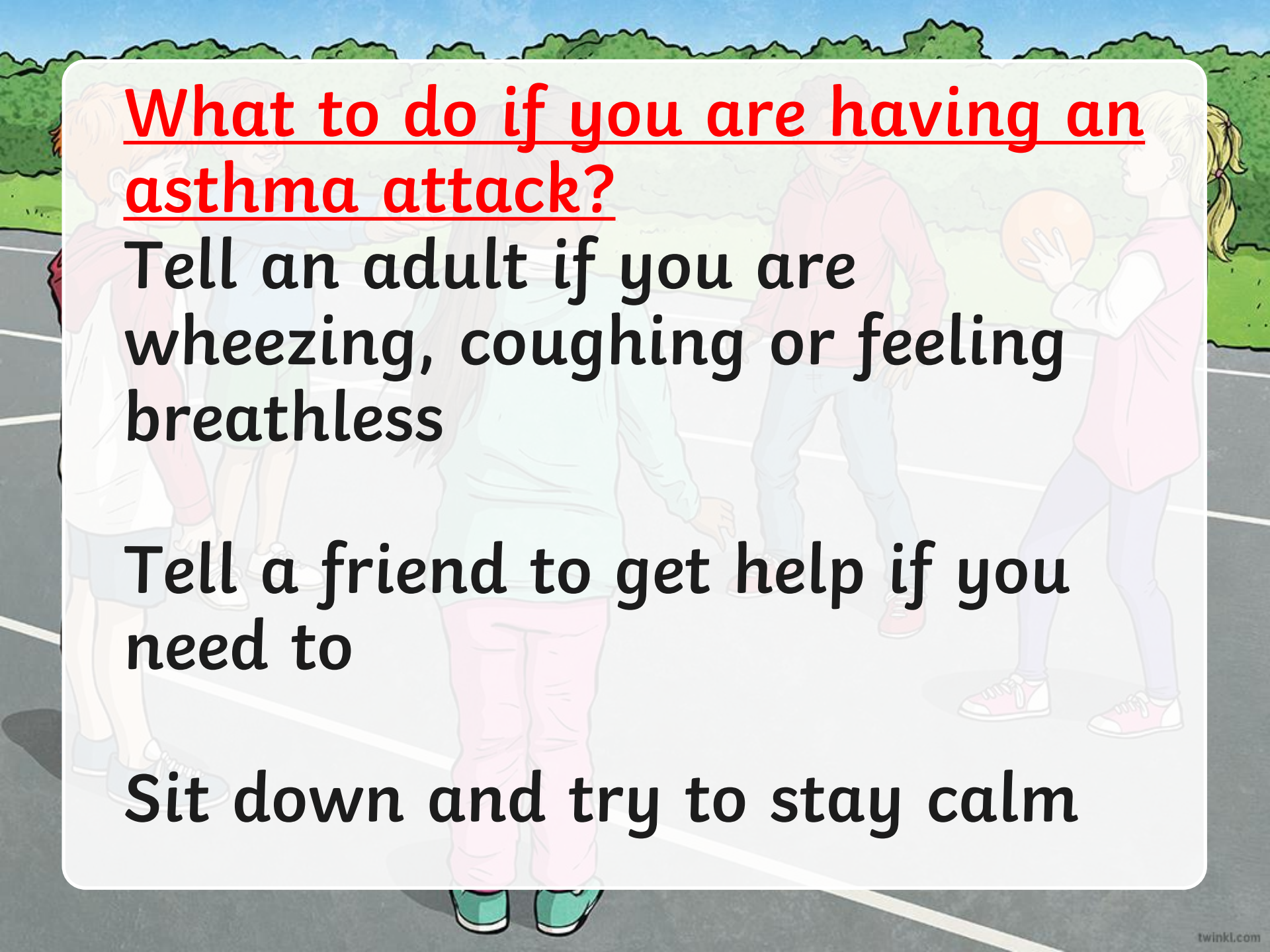
## What should we do if we see someone having an asthma attack?

Ask them to sit and stay calm. The person must not lie down!

Get an adult quickly telling them who, where and what is happening







## What to do if you are having an asthma attack?

**Tell an adult if you are wheezing, coughing or feeling breathless**

**Tell a friend to get help if you need to**

**Sit down and try to stay calm**

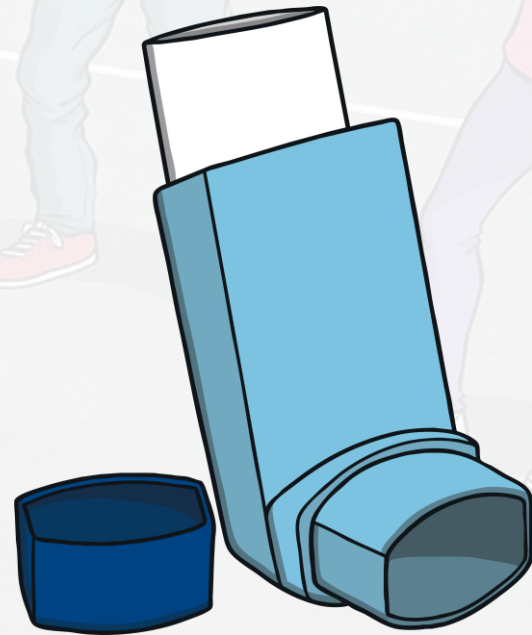
# Can Asthma Be Cured?

Unfortunately, there is no way to cure asthma completely, but there are lots of safe treatments and ways to reduce asthma attacks. These include:

prescriptions from a GP (these differ from patient to patient)

an inhaler to aid breathing if it becomes difficult, given by an adult in school

avoidance of the triggers mentioned previously





# The Inhaler

One of the most common ways of treating asthma is to use an inhaler.

The medicine inside the inhaler is 'puffed' into a mist and breathed into the airways.

This medicine helps the muscles to relax and helps the user to breath normally once again.

Spacers are tube-like devices that attach to inhalers and help deliver the medicine straight to the lungs.





