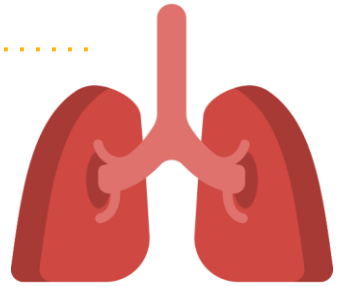
Hello.....



This is **your plan** to stay well.

You have **asthma**...now what ?

Now you should become an expert in your asthma.

Why?

Because during the year, the practice is only able to spend a handful of minutes to help you with your asthma.

The rest of the 8758 hours of the year, it's just **you**, and **your** asthma.

The more you do to take control of your asthma, the less it will control your life.

Visit the asthma.org.uk website, and learn more.

What **next ?**



Ask us about an '**asthma action plan**', so you know what to do if your asthma gets worse.

It’s vital you have a follow up review with the nurse in the next few months, to make sure you are in control of your asthma.

We will do a yearly review of your asthma to make sure your asthma is well controlled. Sometimes we will want to see you more often if we notice your asthma is not well controlled e.g. you’re requesting lots of blue inhalers or having to use steroid tablets.

You might be eligible for a free flu jab each year. Ask us.

If you let people in your life know about your asthma, they can help you if you are having trouble breathing.

Did you know

If you’re using more than **two** blue inhalers in a year, it usually means your asthma is **not** well controlled.