

Information for School Newsletters or Websites

Dear Parent

Asthma is a common condition in childhood; most children who have asthma can control their symptoms with regular medication, and participate fully in day-to-day activities.

Some children with asthma can occasionally experience increased symptoms that mean they have to go to hospital for treatment.

In September each year, many more children go to hospital with increased asthma symptoms than at any other time of year.

This increase in asthma symptoms may be due to the fact that some children experience fewer symptoms during the summer holidays, and so sometimes forget to take their asthma medication regularly.

Ensuring your child takes their "preventer" asthma medication regularly during the summer holidays and throughout the year will help your child to control their asthma condition in the best possible way, and will also help us to reduce symptoms of asthma that lead to illness, days off school and reduce hospital admissions linked to asthma.

If you have any questions about this information please discuss it with your Practice Nurse, GP or Pharmacist or visit **Asthma UK's website** at www.asthma.org.uk

You can also call the Asthma UK Adviceline - The Asthma UK telephone Adviceline service is open Monday to Friday from 9am to 5pm. The number to call is **0800 121 62 44**. A small friendly team of asthma nurse specialists who provide independent confidential advice and support to people with asthma and their Carers