



# Helping you with your asthma



This factsheet will help you to stay healthy  
and well if you have asthma

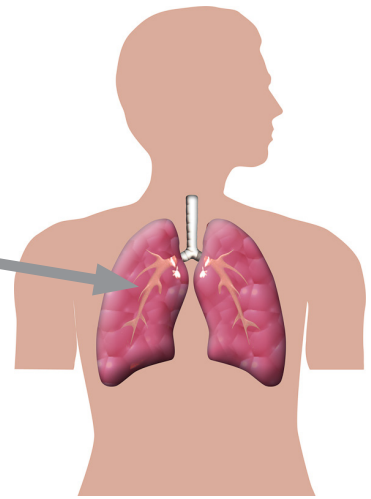
## You can get asthma at any age.

Sometimes it starts when you  
are a child and sometimes when  
you are an adult.



# What is asthma?

If you have asthma the tubes that take the air to your lungs do not work well.

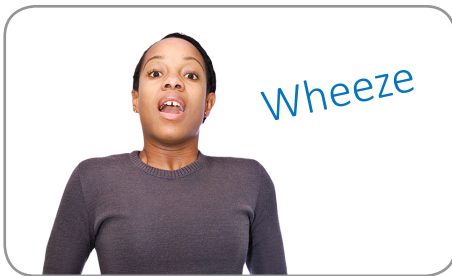


Asthma can make it hard for you to breathe sometimes.

These are some of the problems you might have.



You might have a cough.



You might wheeze. This is a whistling noise when you breathe.



You might have a tight feeling in your chest.

# Different things can make your asthma worse. These are called **triggers**.

Different people have different triggers. You can have more than one trigger.



Here are some common triggers that can make your asthma worse.



Pollen from flowers



Perfume



Weather changes



Animals and birds



Air pollution



Cigarettes



Mould



Having a cold or flu

# Medication for asthma

You can use inhalers to help you breathe if you have asthma.



There are two different types of inhaler with different medication.

One type of inhaler is called a **preventer**. The other type of inhaler is called a **reliever**.



Inhalers come in lots of different colours



Your nurse will explain how to use your inhalers.



You might also need to take tablets to help with your asthma.

# Having an asthma attack

Sometimes people with asthma might have an asthma attack.

You will need to use your **reliever** inhaler a lot during an asthma attack.



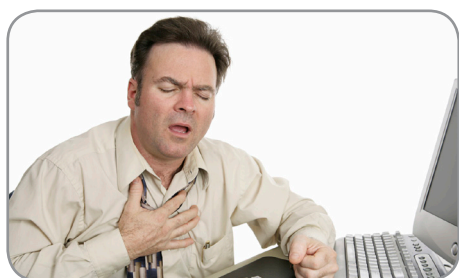
How you know you are having an asthma attack.



You are finding it hard to breathe and hard to talk.



You are coughing and wheezing more than normal.



You have a tight feeling in your chest.

# What to do if you have an asthma attack

Take two puffs of your blue reliever inhaler.



Sit down and rest. Try to relax



Take one puff of your blue inhaler every minute until you feel better. Take up to 10 puffs

If you are worried at any time phone 999 for an ambulance.



If you need to take 10 puffs of your inhaler and you don't feel better always phone 999 and ask for an ambulance.

If you need to go to hospital take your inhalers with you.



It is important to look after yourself if you have asthma.



Staying healthy will be good for your asthma and make you feel better.



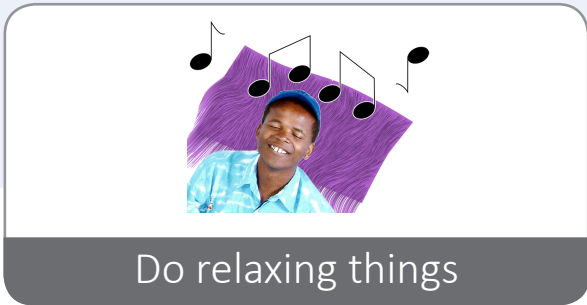
Eat healthy food



Do some exercise



Do things you enjoy



Do relaxing things

**Smoking is bad for you and your asthma.**

Talk to your doctor or nurse if you want to give up smoking. They will help you.



Stay away from people who are smoking. If people smoke near you this can make your asthma bad.

# Useful websites.

## South Tyneside and Sunderland NHS Foundation Trust:



[www.stsft.nhs.uk](http://www.stsft.nhs.uk)

## Sunderland Action for Health Easy Read website.



[www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

For more information please contact Sister Stothard or Nurse Smith in the Chest Clinic.

### Chest Clinic

**Phone:** 0191 5699102, Monday to Friday 8 – 5pm



## Credits

This factsheet was developed by the Learning Disability Liaison Service at South Tyneside and Sunderland NHS Foundation Trust, and funded by the Sunderland Clinical Commissioning Group.

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**Sunderland**  
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**South Tyneside and Sunderland**  
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## About Easy Read information

Easy Read information using larger print, easy words and pictures to make information easier to understand. Easy read is a summary of the key points. Whilst it is useful to help people understand complex subjects it should not be relied upon solely in the process of supporting people to make decisions about their health care and treatment.

This factsheet can be downloaded free of charge from: [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)