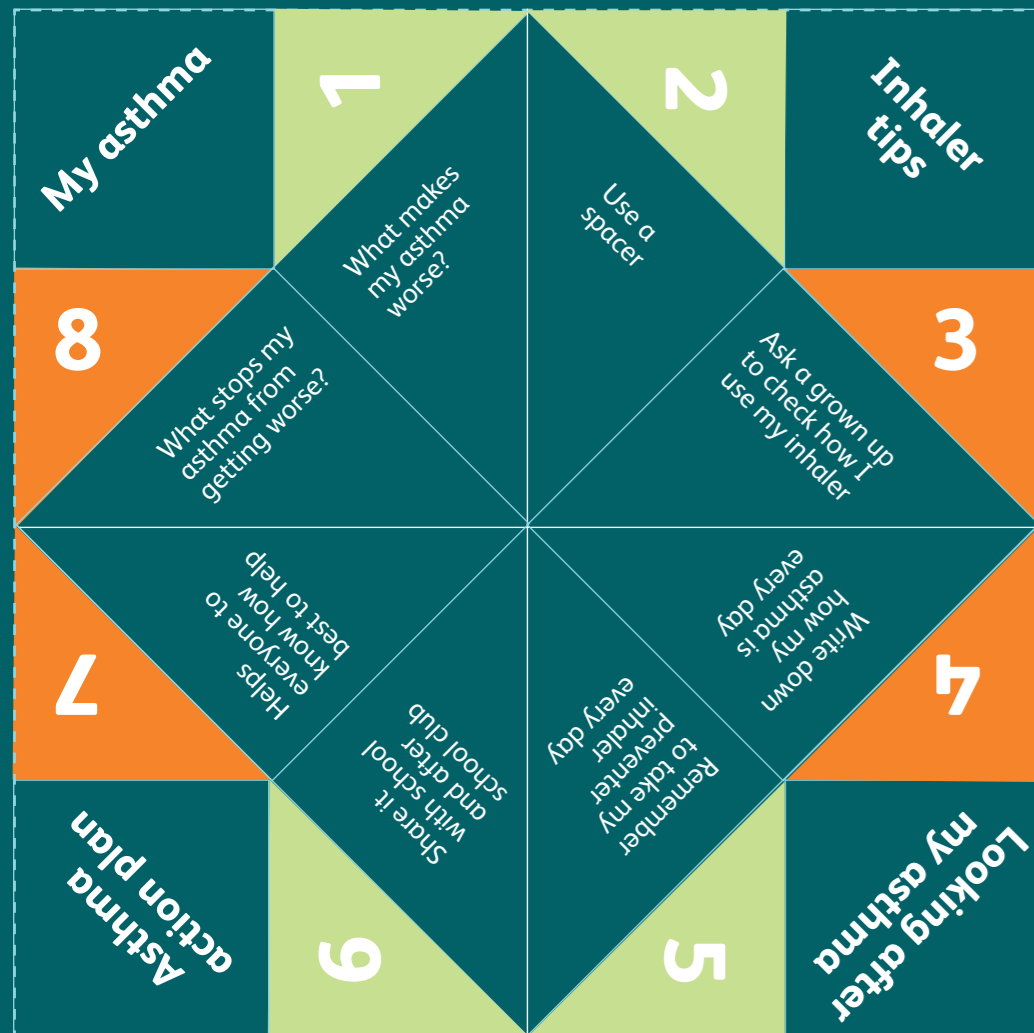


Cut out and fold your chatterbox

See the next page for instructions



How to make a chatterbox

- 1 Fold each corner to the opposite corner
- 2 Fold all corners to the centre of the paper
- 3 Now your paper should look like this
- 4 Now turn your paper over so the folds you just made are face down
- 5 Fold the corners to the centre again
- 6 Your paper should now look something like this
- 7 Now fold your paper in half vertically and horizontally
- 8 Put your fingers under the four open corners
- 9 Finished!

Using your inhaler

- Get your inhaler and spacer if you need it (Some spray inhalers need a spacer. Dry powder inhalers don't)
- Put it together
- Give it a shake and click it open or remove the lid (you don't need to shake powder inhalers)
- Breathe out then put the spacer or inhaler in your mouth and do a big breath in
- Count to 10 then breathe in and out normally
- Rinse your mouth afterwards (you don't need to rinse your mouth after using your blue inhaler)

Clean your spacer once a week with soap and water. Leave it to drip dry AND DON'T DRY IT WITH A TOWEL

Further information and support

Asthma + Lung UK
 0300 222 5800
helpline@asthmaandlung.org.uk
info@asthmaandlung.org.uk
 07378 606 728

NHS website
www.nhs.uk/conditions/asthma/

Want to get involved in making a difference to asthma services?

and_us@rcpch.ac.uk [@RCPCH_and_Us](https://twitter.com/RCPCH_and_Us)

Thank you to the NACAP Asthma & Me Young Ambassadors for helping to design this leaflet.

Going to hospital because of an asthma attack

Information leaflet for 4–8-year-olds



What happens when you get to hospital

The doctor or nurse will give you some medicine to take, unless you had it before you came.

The doctor or nurse will ask you and the adult you came with some questions and check you over.

You might need some other tests, like scans or blood tests.

Before you leave hospital, your doctor or nurse should:



check that you know how to use your inhaler



ask you if anyone in your house smokes



explain any changes that they have made to your asthma plan

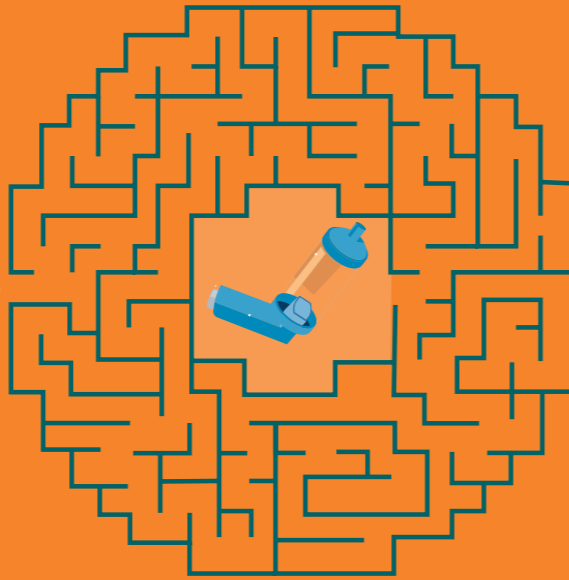
Check with the adult you came with that your next asthma appointment has been booked.

It's OK to remind your doctor or nurse if something has been missed and to ask questions if you are unsure about anything.

Enter the maze to help Archie find his spacer

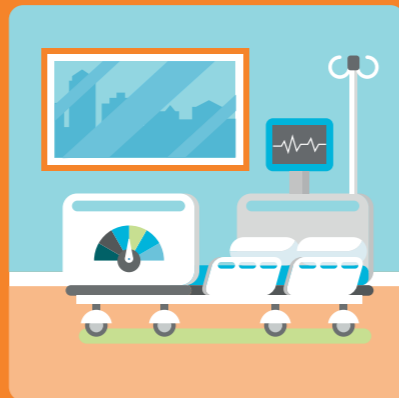


Start here >>>



Spot the difference

Can you spot the 5 differences between the pictures below?



7 Steps for healthy lungs

1 Eat a healthy diet.



2 Do not smoke.



3 Drink lots of water.



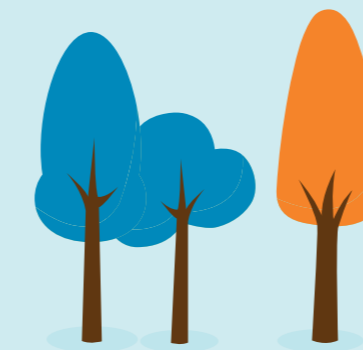
4 Make sure your posture is good.



5 Avoid things that may make your asthma worse, such as house plants.



6 Get plenty of fresh air.



7 Get plenty of exercise, such as playing sport or going for walks.



Cut out and fold your chatterbox
See the next page for instructions

