



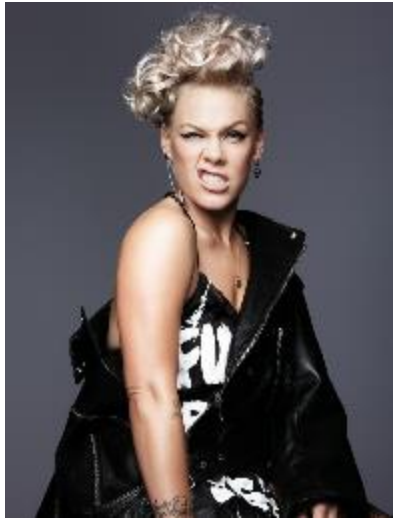
# Asthma in School

Slides from Dr Hannah Opstad & Dr Carrie Williams  
Paediatric Registrars, Haringey Public Health



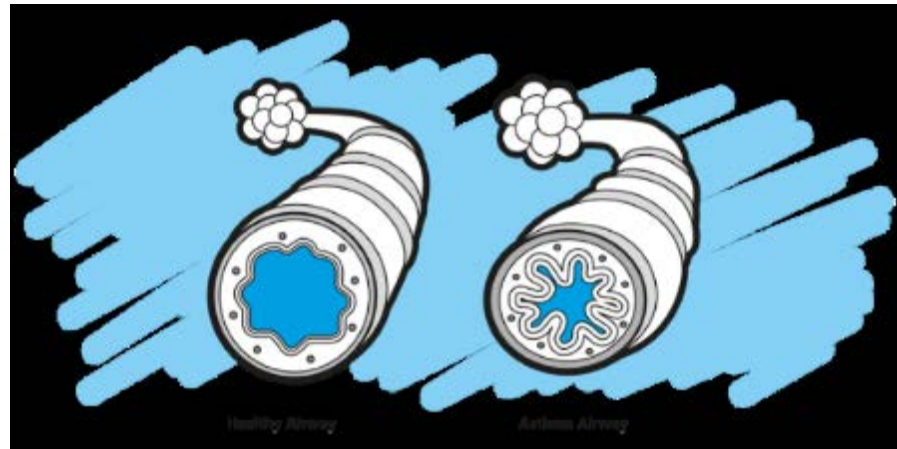
# Who has asthma?





# What is asthma?

‘Asthma is a condition that affects the tubes that carry air in and out of the lungs’



# Medicines for asthma - Inhalers

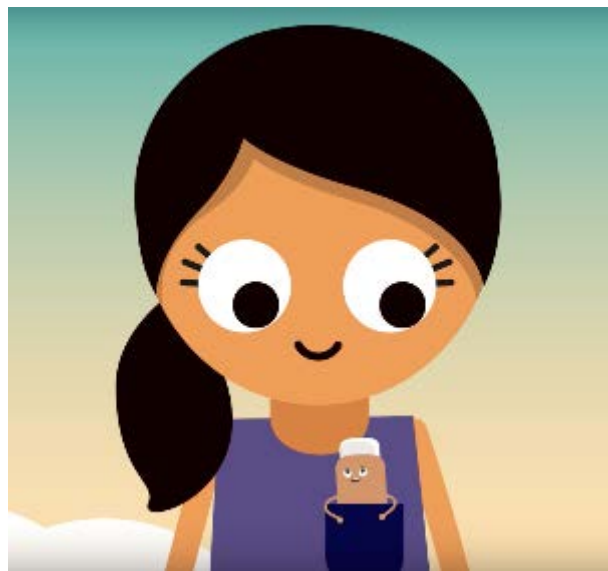
Blue inhaler with Billy

<https://www.youtube.com/embed/k3V1VLB4S3s>



Brown inhaler with Becky

<https://www.youtube.com/embed/iOYh3AVI5VY>



# Inhalers and spacers

## RELIEVER + SPACER BLUE INHALER

→ These are what you should always use at school



Some children may also have a brown inhaler



# How Does It Feel To Have an Asthma Attack?



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**“WHEN I HAVE AN  
ASTHMA ATTACK I  
FEEL LIKE A FISH  
WITH NO WATER.”**



**JESSE, AGE 5**



# An Asthma Attack



**SHORTNESS  
OF BREATH**



**DIFFICULTY  
BREATHING**



**DRY COUGH**



**WHEEZING**



**CHEST PAIN  
OR TIGHTNESS**



# In an emergency

- Tell someone if you are feeling unwell yourself
- Call for help! Get an adult.
- Try not to panic!
- Stay with your friend and keep them calm, help them with their inhaler if they have it.



# In School

- Do you know where your inhaler and spacer are kept?
- Asthma register
- Emergency kits



# Thank You

## Any Questions?