



Asthma is the most common long-term medical condition affecting children and young people.

- **1 in 11 are affected** by the condition, around 3 in every classroom.
- Poorly managed asthma results in over **20,000 hospital admissions every year** in England. **90% of asthma deaths are preventable** yet children die of asthma every year.
- Asthma is **the most common chronic medical reason** for students missing school.

We can all take action to help so that children with asthma lead long, full and productive lives.

#AskAboutAsthma

London's annual [#AskAboutAsthma campaign](#) is marking its 10th year in 2026. Led by NHS England London's babies, children and young people's team, the campaign continues to raise awareness of the simple actions that can help children and young people with asthma live well and stay out of hospital:

- **Having an asthma plan**
- **Attending a regular asthma review**
- **Using inhalers properly**
- **Knowing how air pollution affects them**

Key messages

- Asthma should not limit children and young people's lives.
- Good asthma control means having NO symptoms and NO attacks.
- Following the '4 Asks' supports children and young people and reduces risk.
- Engage and empower patients, parents and carers to #AskAboutAsthma.

Theme: 10 years of asking about asthma: Every child, every breath, every neighbourhood

How schools can support the #AskAboutAsthma campaign:

- **Display** public facing posters from the [campaign page](#) in appointed areas.
- **Share resources** with your team and review your staff training offer.
- **Raise awareness and inclusion** for asthma.
 - Find some lesson plans [here](#) and see our [spotting signs of asthma poster](#) to help you get started.
- **Encourage** young people and their families to think about the [impact of indoor and outdoor air pollution](#) at home and on the way to/from school.
- **Talk to young people** about the risks of [smoking](#) and [vaping](#). Including [London Youth Vaping](#).
- **Identify** children and young people that have asthma.
- **Become** an: [Asthma Friendly School](#).
- **Know what to do if a person is having an asthma**, this [video](#) will guide you.

Child having an asthma attack? It's TIME to act now

T

Think

Does the child have any of the following signs?

- Coughing
- Wheezing
- Hard to breathe
- A tight chest
- Cannot walk
- Cannot talk
- Drowsy or tired

They could be having an asthma attack and need urgent treatment.

I

Intervene

- Stay with the child. Send someone else to get their inhaler and spacer.
- Keep calm and reassure the child. Sit them up and slightly forward.
- When you administer the inhaler, note down the time.

Which inhaler should I use? Salbutamol (blue inhaler) is the most common reliever inhaler. It acts quickly to treat asthma symptoms and attacks. Some children may use alternatives (e.g. Symbicort) – instructions can be found in the child's personalised asthma plan.

M

Medicine

- Shake the inhaler, then place inside the spacer's adapter.
- Spray 1 puff. The child then takes 5 breaths using the spacer's mouthpiece.
- Repeat the above steps for up to 10 puffs if needed.

If salbutamol inhaler doesn't relieve symptoms, or if the effect doesn't last more than 4 hours, **this is a medical emergency – follow the 'Emergency' steps below.** Inform parents and emergency services that this is an asthma attack and how many puffs you have given.

E

Emergency

- Call the child's parent or guardian. If the child has improved, the family should collect them and take them **directly to the GP or A&E** for an urgent check-up.
- If the child isn't improving, or if you're worried or unsure in any way, call 999 for an ambulance and say: "child asthma attack".
- If the ambulance takes longer than 10 minutes and the child hasn't improved, **repeat the 'Medicine' steps above.** Give up to 10 more puffs if needed.

Contact us: england.cyptransformationldn@nhs.net

Follow us on Instagram: bcyp_nhsldn
Scan the QR code or search 'NHS London Ask About Asthma Campaign'.

