

# Good asthma control means having no symptoms

Children and young people with asthma can live their best lives by following these 4 steps:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Ask about the impact of outdoor and indoor air pollution



**Save the date: #AskAboutAsthma returns 9 – 15 September 2024 to raise awareness about childhood asthma.**

Scan this QR code or find more information at:  
[www.transformationpartnersinhealthandcare.nhs.uk/ask-about-asthma](http://www.transformationpartnersinhealthandcare.nhs.uk/ask-about-asthma)

