

JOT THE FRIENDLY ROBOT'S SNOW DAY

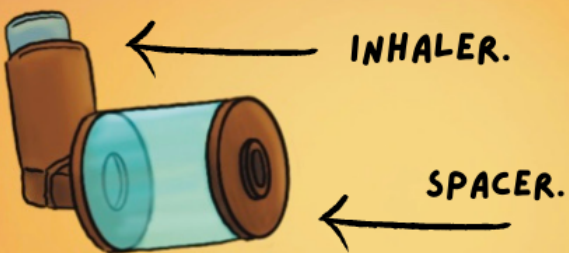
JOT!
COME QUICK!
IT'S SNOWING!

THIS IS GREAT!
WE CAN MAKE SNOWBOTS!

I BETTER TAKE
MY BROWN
PREVENTER
INHALER
FIRST.

WHAT
DOES IT
DO?

YOU USE A PREVENTER INHALER EVERY DAY TO REDUCE THE INFLAMMATION AND SENSITIVITY OF YOUR AIRWAYS, WHICH STOPS SYMPTOMS OCCURRING.



← INHALER.

← SPACER.

I TAKE IT EVERY MORNING JUST TO BE SAFE. ASTHMA CAN BE AFFECTED BY...

Asthma is a common lung condition that can cause breathing difficulties. It affects people of all ages and often starts when you are a child. There are simple treatments that can help keep the symptoms under control so it does not have a big impact on your life.

HOT WEATHER



DUST



EXERCISE



COLD AIR



I'M ALL READY TO GO! I'LL BRING MY BLUE RELIEVER INHALER IN CASE I FEEL SHORT OF BREATH.



THE AIR IS SO COLD! GOOD JOB I HAVE MY BLUE RELIEVER INHALER WITH ME.

SYMPTOMS OF ASTHMA.
• WHEEZING.
• BREATHLESSNESS
• A TIGHT CHEST
• COUGHING

TODAY WAS FUN!

IT WAS WASN'T IT? GOOD JOB I WAS PREPARED!

IF YOU THINK YOU HAVE ASTHMA, SPEAK TO YOUR PARENT/CARER.

TOP TIP!

HAVE A DRINK OR BRUSH YOUR TEETH AFTER TAKING YOUR BROWN INHALER.

TOP TIP!

TAKE YOUR BROWN PREVENTER INHALER EVERY DAY AND KEEP YOUR BLUE RELIEVER INHALER WITH YOU.

WHAT DO I DO IF SOMEBODY HAS AN ASTHMA ATTACK?

1.

SIT THE PERSON UPRIGHT, BE CALM AND RE-ASSURING. TELL THEM TO TAKE SLOW AND STEADY BREATHS.

IF AN ADULT IS NEARBY ASK THEM FOR HELP OR SEND A FRIEND TO GET HELP.

2.

TELL THEM TO TAKE ONE PUFF OF THEIR RELIEVER INHALER (USUALLY BLUE). EVERY 30 TO 60 SECONDS TAKE ANOTHER PUFF, UP TO 10 PUFFS IN TOTAL.

3.

IF THEIR SYMPTOMS DO NOT IMPROVE AFTER 10 MINUTES CALL 999.

GET AN URGENT APPOINTMENT TO SEE A GP OR ASTHMA NURSE AFTER AN ATTACK.

INHALERS...



PREVENTER INHALER USED EVERY DAY
Brown/Orange - It is very **important** to take everyday to help prevent asthma symptoms

RELIEVER INHALER (WITH SPACER)
Blue - Used to quickly relieve asthma symptoms for a short time



AN ASTHMA PLAN CAN HELP.

IT DETAILS:

- WHICH INHALERS TO TAKE AND WHEN.
- WHAT TO DO IF YOUR ASTHMA SYMPTOMS GET WORSE.
- WHAT TO DO IN AN EMERGENCY.

REMEMBER.

- KEEP IT WHERE YOU CAN SEE IT.
- SHARE IT WITH OTHERS.
- CHECK IT ONCE A MONTH.

COMMON CAUSES/TRIGGERS

- ALLERGIES (FUR, POLLEN, DUST)
- SMOKE OR POLLUTION.
- COLD AIR.
- EXERCISE.
- HAVING A COLD OR FLU.

WHEN SHOULD I CALL 999 FOR AN ASTHMA ATTACK?

CALL 999 IF THEY:

- ARE HAVING A THEIR FIRST ASTHMA ATTACK.
- STOP BREATHING.
- ARE FINDING IT DIFFICULT TO TALK.
- ARE BECOMING REALLY TIRED/EXHAUSTED.
- AREN'T HELPED BY THEIR INHALER.
- DON'T HAVE ANY ASTHMA MEDICATION WITH THEM.

FOR MORE JOT RESOURCES AND INFORMATION PLEASE VISIT WWW.SUFFOLK.GOV.UK/JOT

JOT THE ROBOT
CREATED BY
JG MIND DOODLES.

Suffolk and North East Essex
Integrated Care Board (ICB)

