

The logo for Asthma+ Lung UK is a stylized cross shape composed of four overlapping rectangular blocks. The top and bottom blocks are a vibrant magenta color, while the left and right blocks are a deep, textured blue. The text 'ASTHMA+' is positioned on the top block, and 'LUNG UK' is on the right block, both in a clean, white, sans-serif font.

ASTHMA+
LUNG UK

WORLD

ASTHMA DAY

Asthma: what do you already know?

You might know lots about asthma or you might not know anything at all. That's fine! Let's see what you think you know with a quiz...

Listen to each question then you can put your hand up for the answer you want to choose.



Quiz: what do you already know?

Question 1

Asthma affects people's...

Skin



Breathing



Muscles



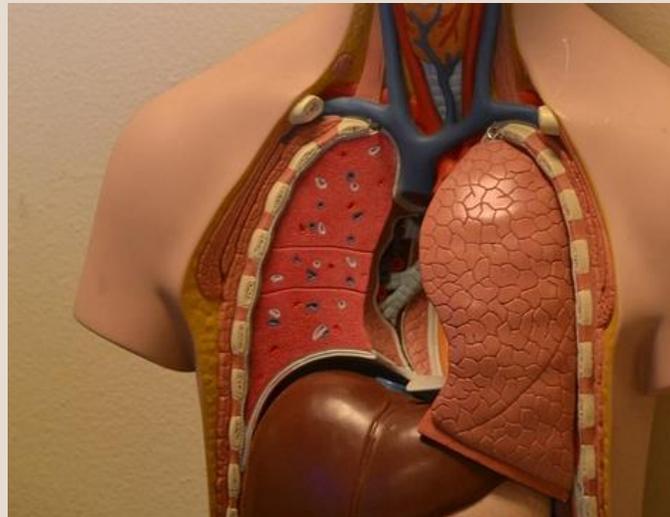
Question 2

Which body part do we use to help us breathe air in and out?

Our heart



Our lungs



Our bones



Question 3

Who has asthma?

A person of any age



Just old people



Just children



Question 4

How many people in the UK are living with asthma?

1,000

100,000

1,000,000

10,000

200,000

5,400,000

That's a big number! **5.4 million people in the UK have asthma.** One person out of every five will have a lung condition in their lifetime.

Question 5

Which of these can make a lung condition worse?

Pollution



Chocolate



Swimming



Question 6

This is a picture of...

A telescope

An inhaler

A voice changer



Asthma: the facts

A photograph of a doctor in a white coat using a stethoscope on a patient's chest. The entire image is overlaid with a semi-transparent blue color. The doctor's hands and the stethoscope are visible, and the patient's chest is the focus of the examination.

Asthma is a common lung condition that causes difficulty breathing

The air passages leading to and from the lungs narrow, making it difficult for the oxygen to pass through them.

Symptoms vary from person to person but the most common signs of asthma are:

- Breathlessness
- Coughing
- Chest pain
- Wheezing

Managing asthma



People with asthma have an **asthma action plan**

This plan includes what to do each day and when to use your medication.

It contains symptoms to look out for and important information about asthma attacks.

Schools will be given a copy of their pupils' asthma action plans.

Some people with asthma carry a card which tells others about asthma and gives them instructions on how to help.



Asthma treatment



There is no cure for asthma but the right treatment can **control the symptoms**

The most common treatment for people with asthma is to use an inhaler.

There are different types of inhalers and some people will have to use theirs more than other people.

Most children use a spacer or a facemask with their inhaler to make it easier to use.

Some people might also take other medication for their asthma, such as special tablets.



What's an asthma attack?



Every 8 minutes, someone, somewhere, has to go to hospital because they've had an asthma attack

The blue reliever inhaler is needed straight away when a person has an asthma attack.

If the blue inhaler doesn't help after 10 puffs, then it's time to call 999 for an ambulance.

People with asthma don't have trouble breathing all the time

Often there is a **trigger** – something to make a person's asthma suddenly worse. Different people with asthma have different triggers.

Common triggers include:

- Breathing in things that cause allergies (called allergens), such as dust, pollen, animal fur, and mould
- Breathing in things that irritate your airways, like cigarette smoke, perfume, car fumes and chalk dust
- Infections, like a cold or the flu
- Exercising
- Breathing in cold air

Helping others with asthma

You might think that you don't need to know about asthma if you don't have the condition. But what if a family member or friend has asthma?

If you are with someone when they have an asthma attack, the most important thing to do is to get help from a nearby trusted adult.

If you know they use an inhaler, you might be able to pass it to them.



Misconceptions about asthma



It's important to know **the truth** about asthma

- Asthma is not infectious – you can't catch it from another person.
- People with asthma can and should exercise - keeping fit helps your lungs to stay healthy. Some top athletes have asthma but manage it while still competing at professional and Olympic levels.
- Not everyone with asthma takes the same medication in the same way – what's right for one person may not be right for another.
- People with asthma can live a full life – they don't have to miss out on fun activities.

Asthma and the environment

Clean air is really important for everyone but especially for people with a lung condition.

Pollution in the air from factories and car fumes can make breathing problems worse for people with asthma.

Can you think of ways in which we can all help reduce air pollution?



What can **we** do about **air pollution**?

Car share



Plant and care for trees



Reduce, reuse, recycle



Use public transport



Use less energy



Walk, cycle or scoot



Asthma + Lung UK



Asthma + Lung UK is a charity that helps people with lung conditions, including asthma.

Asthma + Lung UK raise money to help with research into lung conditions. The more we know about them, the better we can help people. Some people need special breathing equipment, some might need medication and others might require surgery.

Asthma + Lung UK works with the government to improve the quality of the air we all breathe.

What is **world asthma day**?

There are people all over the world living with asthma.

World Asthma Day is held on the first Tuesday in May. It is a chance to help more people to find out about asthma.

Many people also raise money on this day to help those people living with asthma.





World asthma day **activities**

All around the world, people will be:

- holding cake sales
- making posters, writing poetry and taking part in quizzes
- running, walking, swimming or dancing to raise money for asthma charities
- teaching others about asthma
- writing to the government about pollution

Just by learning about asthma in this assembly, you have already done something great!



WORLD ASTHMA DAY

Asthma + Lung UK would like to thank you for taking part in today's assembly