

**VICTOR THE VIRUS CAN
TRIGGER AN ASTHMA
ATTACK OR MAKE YOU
WHEEZY!
BUT THERE ARE WAYS
YOU CAN COMBAT HIM!**

- 1 USE YOUR RELIEVER AT THE FIRST
SIGNS OF A COLD & REGULARLY
THROUGHOUT**
- 2 KEEP USING YOUR PREVENTER
MORNING & NIGHT!**
- 3 MAKE SURE YOU HAVE YOUR FLU
VACCINATION BEFORE THE COLD
WEATHER COMES!**

#MEETTHETRIGGERS

SIMON SMOKE



SIMON SMOKE
CAN IRRITATE
YOUR AIRWAY

HE ALSO STOPS
YOUR
PREVENTER
INHALER
WORKING
PROPERLY!

**THE BEST THING YOU CAN DO FOR YOUR
ASTHMA IS TO AVOID CIGARETTE SMOKE &
SMOKY PLACES!**

#MEETTHETRIGGERS

POLLY POLLEN



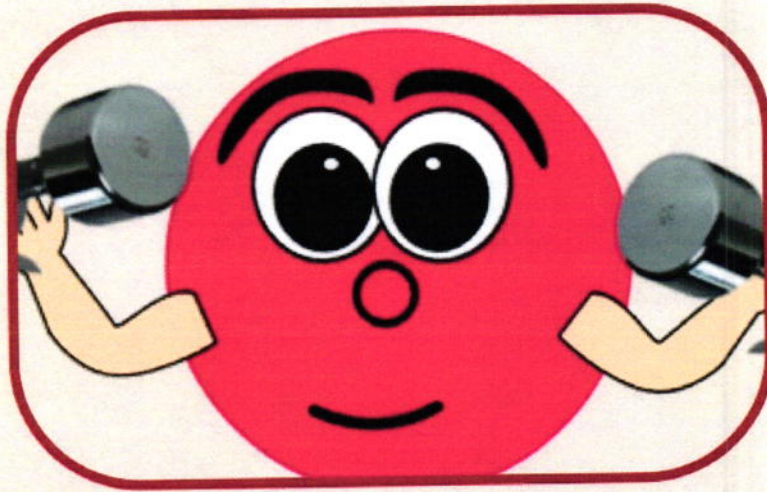
DID YOU KNOW
THAT POLLY
POLLEN CAN BE A
TRIGGER FOR
YOUR ASTHMA?

SHE CAN MAKE YOU
SNEEZE, WHEEZY &
ITCH!

**BUT YOU CAN MAKE YOUR
ASTHMA BETTER BY USING
ANTIHISTAMINES & EYE OR
NOSE SPRAYS!**

#MEETTHETRIGGERS

EDDIE EXERCISE



**WE LOVE EDDIE EXERCISE AS
HE KEEPS YOU FIT!**

**BUT SOMETIMES HE CAN
TRIGGER YOUR ASTHMA.....**

**TRY USING YOUR RELIEVER INHALER
BEFORE YOU EXERCISE TO STOP YOU
BECOMING SHORT OF BREATH!**



PICCOLLAGE

FELIX FEATHER



FELIX FEATHER CAN AFFECT
YOUR ASTHMA & MAKE YOU
ITCH, WHEEZE & SNEEZE!

IF YOU REALLY CAN'T AVOID BEING AROUND
FEATHERS TAKE AN ANTIHISTAMINE & YOUR
RELIEVER BEFOREHAND

WASH YOUR HANDS THOROUGHLY &
AVOID TOUCHING YOUR FACE

KEEP TAKING YOUR
PREVENTER MORNING AND
NIGHT!

THEO THUNDERSTORM



THEO MAY BE SCARY
& EXCITING BUT DID
YOU KNOW HE CAN
TRIGGER YOUR
ASTHMA WHEN IT'S
HUMID?

SO IT'S IMPORTANT THAT YOU
KEEP TAKING YOUR PREVENTER
MORNING & NIGHT!



AND USE YOUR
RELIEVER EARLY &
REGULARLY!



MOLLY MOULD

**DID YOU KNOW THAT MOLLY MOULD
CAN MAKE YOUR ASTHMA WORSE?**

**BREATHING IN OR TOUCHING MOULD CAN MAKE YOU
COUGH & SNEEZE!**

**TRY & AVOID MOLLY MOULD MUCH AS YOU
CAN IF SHE AFFECTS YOUR ASTHMA!**

**CLEANING MOULD OFF WALLS AND KEEPING
YOUR HOME WELL VENTILATED CAN HELP!**

FREDDIE FROST



BREATHING IN COLD
FROSTY AIR CAN AFFECT
YOUR ASTHMA SO.....

USE YOUR RELIEVER BEFORE YOU
HEAD OUTSIDE

KEEP USING YOUR PREVENTER
MORNING & NIGHT!

COVER YOUR NOSE & MOUTH
WITH A SCARF WHEN YOU GO
OUTSIDE



FERGUS FUR

**SOMETIMES FUR FROM
ANIMALS CAN MAKE YOU
WHEEZE & SNEEZE**

**TRY TO AVOID CONTACT WITH FURRY PETS
IF YOU KNOW YOU ARE ALLERGIC!**

**TAKE AN ANTIHISTAMINE & YOUR
RELIEVER IF YOU HAVE SYMPTOMS**

AND REMEMBER YOUR PREVENTER!



ANNIE ANXIETY

**ANNIE ANXIETY CAN
TRIGGER YOUR ASTHMA
SYMPTOMS!**

**KEEPING A DIARY CAN HELP YOU
WORK OUT WHAT TRIGGERS AN
ATTACK**

**TRY TO FIND TIME TO DO THE
ACTIVITIES THAT RELAX YOU**

**KEEP TAKING YOUR ASTHMA
MEDICATION AS PRESCRIBED**