

Suggested generic social media messages

1. This week, we are supporting an NHS campaign #AskAboutAsthma to help improve the lives of children and young people living with asthma. #AskAboutAsthma
2. The NHS are calling on parents to keep asthma medicine close at hand this week, with children up to three times more likely to need medical help as the school year starts. Avoiding ED is even more important this year with Covid-19 #AskAboutAsthma
3. One in 11 young people has asthma, with spikes in demand for help from GPs and hospitals in the weeks after school holidays. #AskAboutAsthma
4. Three simple steps save lives: an asthma management plan, being able to use an inhaler and having a review annually and after every attack. #AskAboutAsthma
5. #Airpollution is associated with the development and worsening of asthma in children. Children are more at risk from the effects of pollution because they have faster breathing rates and their lungs are still developing. #AskAboutAsthma
6. If a child has a personalised asthma action plan, they are four times less likely to have an asthma attack that requires emergency hospital treatment. Ask your GP for an asthma plan. #AskAboutAsthma
7. Your asthma action plan will tell you everything you need to know about looking after your asthma in one place. Ask your GP for an asthma plan. #AskAboutAsthma
8. Make sure you have a review annually and after every attack to help manage your asthma. Talk to your GP. #AskAboutAsthma
9. 1 in 11 children and young people in have #asthma but less than half of them have an asthma management plan or know how to use their inhaler correctly. Ask your GP or pharmacist for help using your inhaler. #AskAboutAsthma
10. Ask your pharmacist to show you how to use your inhaler properly; you don't even need an appointment. #AskAboutAsthma
11. Good inhaler technique can make a big difference to how well people manage their asthma. It could also mean that they don't need to be prescribed higher doses of medication. #AskAboutAsthma
12. Living with asthma can take a big toll on mental health, especially in these difficult times. Find out where to get support and advice to stop stress triggering your asthma. #AskAboutAsthma www.asthma.org.uk