



Royal College
of Physicians

NACAP

RCPCH

Royal College of
Paediatrics and Child Health
Leading the way in Children's Health

Going to hospital because of an asthma attack

Information leaflet
for 9–15-year-olds



What happens when you get to hospital

The doctor or nurse will give you some medicine to take (unless you had it before you came).

The doctor or nurse will ask you and the adult you came with some questions and check you over.

Before you leave hospital, your doctor or nurse should:



check that you know how to use your inhaler



give you a new asthma plan or update your old one



ask you if you or anyone in your house smokes



arrange your next asthma appointment.

It's OK to remind your doctor or nurse if something has been missed and to ask questions if you are unsure about anything.

Hospitals are working hard to make sure that all these things happen for all children that come to hospital with an asthma attack.

If you are nearly 16, have a look for the 16+ leaflet. There is still lots of support for you when you are older too.

7 steps for healthy lungs:

1 Eat a healthy diet.



2 Do not smoke.



3 Drink lots of water.



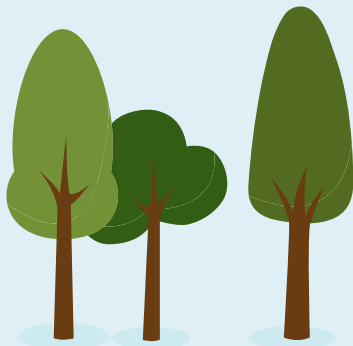
4 Make sure your posture is good.



5 Avoid things that may make your asthma worse, such as house plants.



6 Get plenty of fresh air.



7 Get plenty of exercise, such as playing sport or going for walks.





Further information and support

Asthma + Lung UK

☎ 0300 222 5800

✉ helpline@asthmaandlung.org.uk / info@asthmaandlung.org.uk

☎ 07378 606 728

NHS website

www.nhs.uk/conditions/asthma/

Want to get involved in making a difference to asthma services?

✉ and_us@rcpch.ac.uk [@RCPCH_and_Us](https://twitter.com/RCPCH_and_Us)

Thank you to the NACAP Asthma & Me Young Ambassadors for helping to design this leaflet.