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A guide to...

If you need this leaflet in another language,
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Ratification/review	June 2020 /June 2023
ID number	40-1041-V1



Your child's asthma

Patient information leaflet

Paediatric Department
Watford General Hospital and
Hemel Hempstead Hospital

Introduction

Due to the Covid-19 pandemic NHS services have been radically altered. We have been unable to review your child in person as planned in outpatients.

Why are you receiving this?

Your child has been referred for a review of their asthma and we wanted to direct you to some useful resources. There are some great online resources for asthma, and we have added some links from the asthma UK website.

The facts:

Fortunately for most children Covid-19 is a minor illness. The latest evidence is that most children with asthma do not get bad asthma attacks with Covid-19. Adults, particularly very elderly adults and those with other health problems, tend to get more severe symptoms. Children with asthma should follow the latest Public Health England advice. Please check the website frequently as the situation is rapidly changing and advice is updated regularly, often daily.

www.gov.uk/government/organisations/public-health-england

When we see patients in the asthma clinic, we find that most parents and children benefit a lot from

1. **Understanding some more about their asthma and**
2. **Improving inhaler technique.**

Resources:

Asthma UK has some great resources. There is a lot of information available and of course you can read more or less of it. The links below direct you to the two most important sections.

1. Understanding asthma

www.asthma.org.uk/ed7c424a/globalassets/health-advice/resources/children/asthmamychild_2019.pdf

2. Inhaler technique

www.asthma.org.uk/advice/inhaler-videos/

In the videos use the tidal breathing technique as this is easier to do well compared to the single breath technique.

Finally

We hope that you have found the above advice useful. You should also have a **Personal Asthma Plan** with more information for managing your own child's asthma.

If you are worried about your child's health, please use the NHS 111 service either online or on the phone.

If your child is very unwell then call the 999 emergency services or go to your nearest Accident and Emergency department