



**Top Tips**

for **Asthma**



*Airedale, Wharfedale and Craven Clinical Commissioning Group  
Bradford City Clinical Commissioning Group  
Bradford Districts Clinical Commissioning Group*

**City of Bradford MDC**  
[www.bradford.gov.uk](http://www.bradford.gov.uk)

## 1 Check up

When did you last see your nurse or doctor for a check up? They can help explain your medicines and advise what triggers to avoid.

## 2 Understand your medicines

Do you know why you need inhalers, how to use them properly or how they help your asthma? Speak to your pharmacy team, practice nurse or doctor to help.

## 3 Healthy lifestyle

Be healthy and active by having a well balanced diet, exercise, reducing or stopping smoking – these will all help to reduce your asthma symptoms like wheezing and help stop cold and flu symptoms.

Your pharmacy team can give you advice if you are feeling unwell. For more information visit: [www.nhs.uk](http://www.nhs.uk) or contact: [self.care@bradford.gov.uk](mailto:self.care@bradford.gov.uk)

*\*If you have asthma symptoms when you exercise, stop, take your reliever inhaler and wait five minutes for your symptoms to go before starting again.*

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 437198.

