

**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**

**PICCOLLAGE**

# POLLY POLLEN



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

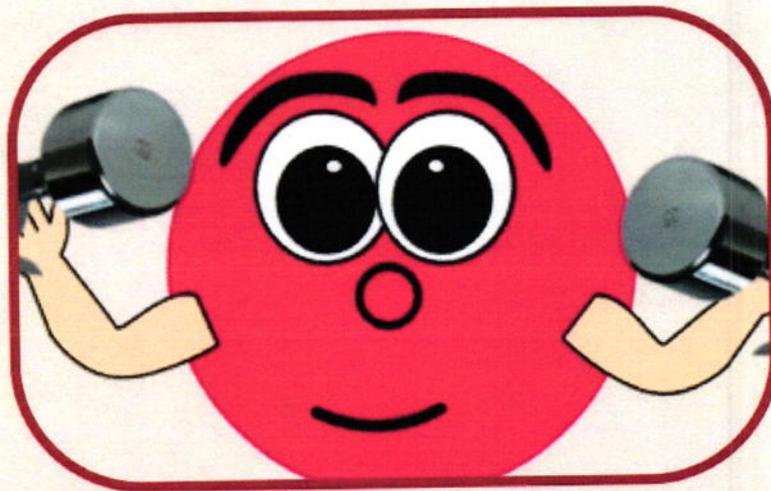
SHE CAN MAKE YOU  
SNEEZE, WHEEZY &  
ITCH!

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

**#MEETTHETRIGGERS**

PICCOLLAGE

# 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!**



# 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!

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**