Suggested tweet schedule

**London Ask About Asthma: 16th -22nd September 2019**

**Please feel free to use the links below and the images and gifs
in the** [communications toolkit](https://www.healthylondon.org/resource/askaboutasthma-communications-toolkit/)

**Hashtag #AskAboutAsthma #OneThingLDN #Asthma**

**Follow us on Twitter @healthyLDN**

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| **Date** | **Theme for the day** | **Suggested tweet** |
| Monday 16th Sept 2019 | Campaign launch | Today is the start of the #AskAboutAsthma campaign. Tell us #OneThingLDN which will improve #AsthmaCare or #AirQuality.  |
|   |   | Support our #AskAboutAsthma campaign & tell us #OneThingLDN which will you can do to improve #AsthmaCare or #AirQuality. #London #Asthma |
|  | Parents/CYP | Have you had your #FluJab? It’s important if you suffer from #Asthma <http://bit.ly/2K0adcC> #AskAboutAsthma |
|  | Air pollution | How could #Pollution affect you? Find out what you can do to improve #AirQuality levels in #London -http://bit.ly/2K0adcC #AskAboutAsthma  |
|  | Event  | Join us this Wednesday at the ‘Using Asthma Networks to Transform Care for children and young people’ event. Book your place and join us here - <http://bit.ly/2JXLl5r> #AskAboutAsthma  |
| Tuesday 17th  | Primary Care | Do you have an #AsthmaPlan? Find out why you should & how you can get one - <http://bit.ly/2K0adcC> #AskAboutAsthma |
|  |  | Tell us #OneThingLDN that you will do to improve #AsthmaCare for #Children & #YoungPeople http://bit.ly/2K0adcC #AskAboutAsthma |
|   |   | #AskAboutAsthma You can ask your #GP for an annual review to help manage your #Asthma <http://bit.ly/2K0adcC> |
|   |   | Confused about your #Inhaler? Ask your #GP or a #HealthProfessional for help using your #inhaler #AskAboutAsthma #OneThingLDN |
|  |  | Three simple steps save lives, find out what you can do. #AskAboutAsthma #AsthmaCare #OneThingLDN <http://bit.ly/2K0adcC> |
|  |  | Ask your #GP for an annual asthma review - find out more <http://bit.ly/2K0adcC> #AskAboutAsthma #OneThingLDN  |
|  |  | We’re looking forward to seeing everyone tomorrow at the ‘Using Asthma Networks to Transform Care for children and young people’ #AskAboutAsthma #London  |
| Wednesday 18th  | Pharmacies | #AskAboutAsthma campaign is here- Ask your #Pharmacist to show you how to use your #AsthmaInhaler properly <http://bit.ly/2K0adcC> |
|   |   | #AskAboutAsthma ask your #Pharmacist or #SchoolNurse for a #FluJab or #NasalSpray <http://bit.ly/2K0adcC> |
|  |  | #AskAboutAsthma Ask your #Pharmacist on help #QuittingSmoking |
|  |  | Getting your #Inhaler technique right will make a huge difference. On your next visit to the #pharmacy ask the #Pharmacist to show you how #AskAboutAsthma http://bit.ly/2K0adcC |
|  |  | What #OneThingLDN can you do to improve #AirQuality care for #Children & #YoungPeople ? #AskAboutAsthma |
|  |  | **We are LIVE TWEETING FROM EVENT keep an eye out and retweet** |
| Thursday 19th  | Asthma app and acute care | #AskAboutAsthma Ask CYP & #Parents if they know how to use #Inhalers & #Medication before discharge http://bit.ly/2K0adcC |
| Ask #Children & their #Carers to book in with their #GP within 48hrs after #HospDischarge <http://bit.ly/2K0adcC> #AskAboutAsthma |
|  |  | Tell us #OneThing which you will do to improve #AsthmaCare for #Children & #YoungPeople #AskAboutAsthma |
| Friday 20th  | Schools | Ask #SchoolStaff if they know what to do if you have an #AsthmAttack #AskAboutAsthma http://bit.ly/2K0adcC |

**Useful links for tweets:**

[The London asthma standards for children and young people](https://www.healthylondon.org/resource/london-asthma-standards-children-young-people/)

Asthma [ambitions](https://healthylondon.org/hlp-archive/sites/default/files/London_asthma_ambitions_for_children_and_young_people.pdf)

Link to [asthma management plan](https://www.healthylondon.org/resource/london-asthma-toolkit/hospital-care/action-plans/)

Using your [inhaler](https://www.healthylondon.org/resource/london-asthma-toolkit/pharmacy/inhalers/) effectively

Link to [annual asthma review](https://www.healthylondon.org/resource/london-asthma-toolkit/primary-community-care/review/)

[NHS Trusts: Air pollution reduction toolkit](https://www.healthylondon.org/resource/toolkit-nhs-trusts-supporting-nhs-reduce-impact-air-pollution/)

[Asthma toolkit](https://www.healthylondon.org/resource/london-asthma-toolkit/)

#OneThingLDN