

TO MY ASTHMA NURSE

THANK YOU
SO MUCH

My name is and I have asthma.

Thank you for taking care of me. Today I want to make sure:

- I have a Personal Asthma Action Plan
- I have my inhaler technique checked
- I have the correct spacer for my age. I'm over 5 I don't need a mask!
- I have a spare inhaler, with the right spacer, for school
- you check on how many preventer inhalers I have had in the past year and how many rescue inhalers

Thank you for reading and for helping me to understand my asthma and live without symptoms or asthma attacks.

With love,

