



All about asthma

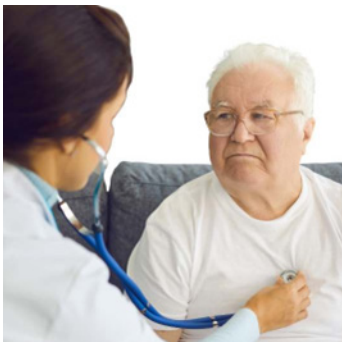


This Easy Read leaflet tells you about asthma and how Asthma + Lung UK can help you.

Who we are



We are Asthma + Lung UK.



We are a charity that helps people with lung conditions.

Condition is another word for illness or health problem.



Your lungs are inside your chest.

They help you breathe.



We support people to understand asthma and stay well.

What is asthma?

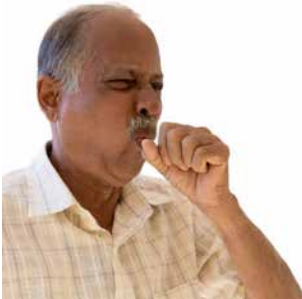


Asthma is a lung condition that can make it hard to breathe.



It can make you:

- short of breath



- cough



- have a tight chest



- wheeze

Wheeze is when your chest makes noises, for example whistling.

Asthma triggers



An asthma trigger is something that makes your asthma worse.



Everyone has different things that can make their asthma worse.



Most people have more than 1 trigger.



Trying to stay away from your asthma triggers will help stop your asthma getting worse.

Common asthma triggers



Cigarettes



Mould



Pollution



Dust



Colds and flu



Cold weather



Pets



Stress



Perfumes and strong smells



Cleaning products

Asthma inhalers



Most people with asthma use inhalers to stop them getting ill.



Your doctor or nurse will tell you which inhaler is best for you.



Inhalers help you breathe medicine into your lungs.



Inhalers can be different shapes and colours.

Inhalers are sometimes called puffers or pumps.

How to use your inhaler



Your doctor, nurse or pharmacist will show you how to use your inhaler.



It is important to use your inhaler the right way to help the medicine get all the way into your lungs.



Ask if you need to use a spacer with your inhaler.



A spacer is a plastic tube that helps the medicine work.



Watch videos about how to use inhalers on our website:

www.asthmaandlung.org.uk/livingwith/inhaler-videos/

Things you can do to stay healthy



- Get help to stop smoking.
It is good for your health.



- Doing exercise helps your lungs work better.



- Vaccines help you fight illnesses like the flu.



- Use our asthma action plan to learn more about your asthma and what to do if it gets worse.

How Asthma + Lung UK can help you



You can talk to our friendly team of asthma nurses.



You can talk to our nurse team by:

- phone 0300 222 5800
- email helpline@asthmaandlung.org.uk



We are open Monday to Friday

- 9am to 1pm
- 2pm to 5pm.



You can read more Easy Read booklets about asthma on our website

www.asthmaandlung.org.uk/easy-read



Thank you to our checking groups
for your feedback and expert advice.

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