



Your name:

Your Doctor/Nurse/Pharmacist's name:

**WORSENING
SYMPTOMS**

Your asthma has got worse

This is your **Info Prescription** - it tells you where to go to get more information and support. **Keep it, use it and share it** with friends and family.

TEAR ALONG HERE

Sometimes you may find your asthma gets worse and you may have an asthma attack. This handout gives you a list of organisations and people who can help you to stop this from happening again. Keep it safe, as you might want to use it again.

If you are unsure about anything your doctor or nurse has told you, the words used or want to know more about how you can get your asthma under control,

turn over the page and contact the **Asthma UK Adviceline.**

Many asthma attacks can be avoided by knowing what to do when your asthma starts to get worse. By getting the best advice **you can continue to lead a full and active life.**

 Over the page is a list of people who are ready to listen and support you.



Get answers to questions when your asthma gets worse at www.infoprescription.org.uk

Patient Name

Patient ID No.

Date



MORE INFORMATION AND HELP:

Get friendly advice from an Asthma UK asthma nurse specialist:

- ☎ 08457 01 02 03 for a confidential chat (in up to 100 languages)
Weekdays 9am–5pm. Calls charged at a local rate of 4p per minute.
Summit House, 70 Wilson Street, London EC2A 2DB

Get answers to questions when your asthma gets worse:

- 🌐 www.infoprescription.org.uk

Get more information and support from Asthma UK:

- 🌐 www.asthma.org.uk

Go on a free course to help you manage your condition:

Expert Patients Programme

- ☎ 020 8846 6803

If you need support in your own language contact CITAS Advocacy:

- ☎ 0208 600 3830

**If you don't have access to the internet at home,
visit your local library for free access and help.**

