





NATIONAL ASTHMA WEEK 2010

Asthma..... It's about time

A person can survive weeks without food, days without water,
but only minutes without air.

Approximately 1 in 9 Australian children have currently diagnosed asthma.

During National Asthma Week you could:

-  Have your child's asthma reviewed, and ask your doctor for a written asthma action plan
-  Provide a copy of your child's Asthma Action Plan to people who regularly care for your child
-  Learn Asthma First Aid
-  Make sure you know how to help your child use their asthma medications correctly.

For more information please contact Asthma Foundation ACT at

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Phone 02 6286 44 14

Asthma Australia National Asthma Week webpage

asthmaaustralia.org.au