

## Operation Ouch- Asthma

Hello?

Hello?

Oh, hello there.

Xand, they're over here.

Sorry.

Hello there.

Look, has anyone seen Mr Grumbles? I've been looking for him for ages. Chris?

I saw him about half an hour ago. He was making mud pies with Mini-Xand.

Mud pies, eh? Well, I hope he's made enough for everybody. Ronx, have you seen him?

I haven't seen him for ages to be honest.

Never mind. Here he is. Hello, Grumbles. I was getting worried about you.

Yes, I have.

Are you feeling a bit wheezy?

Asthma alert!

When using your inhaler, it's best to use a spacer like this.

If you have asthma, it's really important that you carry your medications around with you, and you stick to your asthma plan.

You should also have a yearly asthma plan review with your GP or asthma nurse.

Xand, how's Mr G doing?

He's feeling a lot better. Thanks, Ronx.

Aren't you, Mr Grumbles?

Of course you can. But be careful of Mini-Xand because he can be a bit rough in the tackle.

Bye.

Asthma shouldn't stop you exercising or playing. Exercise isn't just good for your whole body, it can also improve your asthma.

Grown up alert!

Now listen, folks, as doctors we know that when children live in a house with smokers, this will adversely affect their asthma. So if you want to stop smoking, go visit your GP, who will help you cut down and eventually stop.

Chris, Ronx, have either of you seen Mr Grumbles?

What? Xand, have you lost him again already? I thought he went to play football.

Don't worry. I can see him.

Chris, duck!

Mr Grumbles! Sorry, Chris.

He's just got a bit of a rogue left foot.

Remember, if you're ever concerned, dial 111 and in an emergency, dial 999.