

# Benefits of asthma action plans

Using and sharing a written asthma action plan means:

- ✓ everyone has access to the same medical information
- ✓ personalised support is provided if asthma symptoms get worse
- ✓ children and young people can identify what to do when they are well, unwell, or need help in an emergency
- ✓ all staff are confident about recognising and responding to an asthma emergency.

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