

# Useful resources



## Breathing and asthma

Read time: 1 min

A fact sheet explaining how breathing may be effected and some simple steps to take to control breathing.

Publisher: Asthma + Respiratory Foundation, NZ

[Visit website](#)



## Asthma emergency action plan for children 5 years of age and under.

A pamphlet with information on recognising mild, moderate, and severe asthma symptoms.

Publisher: Asthma + Respiratory Foundation, NZ

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