

Treatment

A Doctor will start you on treatment such as an Inhaler



This will make you feel better



SWANSEA PEOPLE FIRST
is supported by:

bild



SWANSEA PEOPLE FIRST
Peer Health Advocacy Project



GOOD HEALTH FOR ALL!

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SWANSEA PEOPLE FIRST
Peer Health Advocacy Project



An Organisation of and for People with Learning Disabilities

GOOD HEALTH FOR ALL!

Asthma



How to Spot it

An Information Leaflet

Do you?



**Are you Short of Breath
when you Exercise?**



Have a Tight Chest?



Are you coughing up blood?



**Have a cough that has
Lasted more than
a week?**



**Are you coughing up
Green or Yellow Phlegm?**



If so you may have

Asthma

or maybe another type
of Chest Infection

**You should
go and see a
Doctor**

