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Last time I went to the hospital, this happened to me... After arriving at A&E, I received medication in an hour. They checked me to see if I knew how to use my inhaler correctly. Next, they created a Personalised Asthma Action Plan (or PAAP) just for me! This tells me and others like school or family what to do when I need help with my asthma.

In hospital or at the doctors, they might ask you if anyone in your household smokes. This is important for the doctor to know as second-hand smoke can affect your breathing.

It's good to know what to expect when you leave hospital too. I had

- a follow up appointment
- a medication review
- an inhaler technique check up

Please remember to attend your follow up appointments, or let your doctors know if you can't make it so that they can see another patient instead.

FUN FACT: Did you know crickets don't have lungs!

Thank you to the young people from the Asthma &Me Ambassadors, part of the children and young people's asthma audit (NACAP) for making this video.

They have also made leaflets to help you when you go to hospital when you have an asthma attack. Go to www.rcpch.ac.uk/asthma-ambassadors to find out more.

Video made by the Asthma &Me Ambassadors who are supported by RCPCH &Us

The Asthma &Me Ambassadors are part of the National Asthma and COPD Audit Programme (NACAP)