

Talking About Childhood Asthma Live From The Airways

Presented by The Asthma Foundation of Victoria and Royal Children's Hospital



Sunday 27th October 2013
4pm - 6pm
FREE!

Ella Latham Auditorium, Ground Floor, Royal Children's Hospital, Melbourne

Ask questions, gain advice on: medications, diagnosis and asthma management from top Respiratory Specialists:

A/Prof Sarath Ranganathan

Prof Colin Robertson

Dr Jo Harrison

Light refreshments will be served and tickets are limited, therefore registrations are essential.

Attend the event at the Royal Children's Hospital OR watch the LIVE Webcast online

Register at www.asthma.org.au or call 1800 ASTHMA (1800 278 462)



Air Pollution and Asthma

School age students and young children with asthma can often have breathing difficulties when exposed to air pollution. Air pollution can occur:

Outdoors – smog (made up of nitrogen oxides and ozone), bushfires, cigarette smoke.

Indoors – formaldehydes/resins (some building materials), volatile organic compounds (found in paints, furniture, cleaning products), cigarette smoke, poorly maintained gas appliances.

The most important way to reduce the impact of air pollution on your child's asthma to avoid the pollutant completely if possible.

- Stay indoors on high smog days, close windows and external doors
- Make sure you have a bush-fire plan if you live in a bushfire prone area
- Make sure your child's asthma is well controlled and that you and your child know what to do if their asthma gets worse
- Make sure your gas appliances are serviced regularly by a registered or licensed gasfitter and that there is adequate ventilation in rooms containing gas appliances
- Choose building items, furniture, paints and wood items that are certified to emit low levels of formaldehyde and volatile organic compounds.

For more information about air pollution and asthma, contact The Asthma Foundation of Victoria on 1800 ASTHMA (278 462) or visit www.asthma.org.au.