

Preparing for the September Asthma Spike

Dear Parent/Carer,

Each September we see a noticeable increase in asthma symptoms and hospital visits among children — often referred to as the “September asthma peak.” This typically happens around **Week 38** (mid–late September), as children settle back into school routines, come into contact with new classmates, and are exposed to seasonal viruses, changes in weather, and outdoor triggers.

We want to help you and your child stay well this autumn. Please take the following steps to prepare:

What you can do now

- **Check your child’s inhalers:**
 - Make sure preventer and reliever inhalers are in date, with enough medication.
 - Order repeats from your GP/pharmacy before school resumes.
- **Review your child’s asthma action plan:**
 - Ensure you have an up-to-date plan from your GP/asthma nurse.
 - Share a copy with your child’s school.
- **Encourage regular preventer use:**
 - Over the summer, some children use inhalers less often. Restarting daily preventer inhalers **two weeks before school return** helps protect them.
- **Talk to your child’s school:**
 - Check that staff know what to do if your child has an asthma attack.
 - Provide a spare reliever inhaler and spacer for use at school.
- **Spot early warning signs:**
 - Increased coughing, wheezing, or breathlessness.
 - Night waking or needing reliever inhaler more than usual.
 - If this happens, follow your asthma action plan and seek advice early.

Remember: Act quickly if symptoms don’t improve

If a child has asthma symptoms that are **not relieved by their reliever inhaler**, do not delay. Follow their asthma action plan, call 999 if you are concerned, and treat it as a medical emergency. Early action can prevent serious deterioration.

- The risk of asthma flare-ups is highest in **the second and third weeks of September**.
- Preparing now can make a real difference to your child’s health and help avoid emergency visits.

If you have any concerns, please contact your GP, asthma nurse, or local pharmacist for support.

Thank you for helping us keep children with asthma safe and well this autumn.