



### Check list for going out:

- ✓ I have my reliever inhaler with me
- ✓ I have my phone and it is fully charged
- ✓ I know where I am going and have told my parent or carer
- ✓ I have checked to see if I am likely to be exposed to any of my known triggers (e.g. animals)
- ✓ I know how I am getting home, ideally getting a lift and avoiding prolonged exposure to the cold air.

We hope this information sheet has been helpful, but it is by no means a replacement for talking to either the Doctor or Nurse. Please ask questions if you feel you need more information or have a look at our website:

[www.beatasthma.co.uk](http://www.beatasthma.co.uk)

## How to keep safe when going out at night



**Information for Young People**

## Nights out and asthma

Going out is one of the most important parts of growing up and becoming a young adult.

But, if you have asthma, going out at night, whether it is to a house party, a park or a night club, can put you at risk of a potentially serious asthma attack.

Luckily, if you follow a few simple steps, you can be as safe as possible, leaving you to enjoy a good night out with friends, worry free.

## How can a night out affect my asthma?

It's easy to forget about your asthma when you are getting ready to go out at night.

In fact, there are a number of reasons why going out at night can be a particularly challenging time for your asthma:

- The colder air at night, especially as you walk home later on in the evening, can trigger your asthma.
- You may be exposed to cigarette smoke, or other substances that may trigger your asthma
- You and your friends may be drinking alcohol which will affect your ability to recognise when things are getting worse, and your ability to do something about it quickly
- You may be somewhere unfamiliar and not know how to call for help, or even where you are if you do call for help.

## How can I stay safe?

When going out there are a few important things you need to remember:

- When going to a house party check if there are any pets which you may be allergic to.
- Know the exact address of where you will be going and tell your parent or carer where you will be.
- Stay away from smoking areas or people who are smoking.
- Make sure your phone is fully charged.
- ALWAYS have your reliever inhaler with you and remember to use it as suggested in your Personalised Asthma Action Plan. If you reach your maximum safe puffs or sucks and still feel unwell, don't be afraid to call an ambulance, or ask a friend to. The ambulance will bring oxygen, and this can help keep you safe.
- Make sure you know how you are getting home, and at least one friend is not drinking and responsible for making sure you get there.



By following these simple steps, you are helping yourself stay as well as possible leaving you free to enjoy yourself and have fun!