

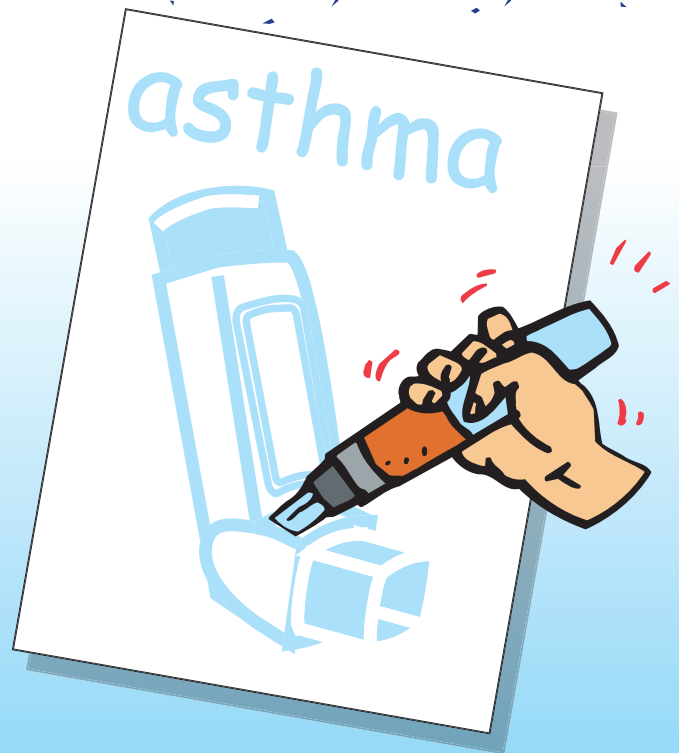
Competition

design a poster to promote

Asthma Awareness

As well as receiving a **great prize**, the child who designs the **winning entry** will have their poster printed and used to **advertise asthma services** which are available in **BFG**.

Your poster should be produced on an A4 or A3 piece of paper and can be about **anything related to asthma**.



Some ideas to help...

- The main message for World Asthma Day on May 6th this year is 'You can control your asthma', but you can use any title you want to.
- You could use pictures of people with asthma, things that trigger asthma attacks (like smoking), inhalers or asthma clinics to illustrate the poster.
- There are some tips for people with asthma in the panel below, you might want to use one or more of these as an idea for your poster.

You can control your asthma

- Know how your inhaler works - and use it!
- Know what triggers your asthma
- Avoid smoking, or breathing in other's smoke
- See a doctor or nurse regularly to talk about your asthma



Open to children aged 7 - 13
Closing date: Friday June 20th
Please include your name, age and contact details with your entry.

Send entries to: Miss Yvonne Lee, Lead Nurse Respiratory Care, MB20, MRS Hohne, BFPO 30