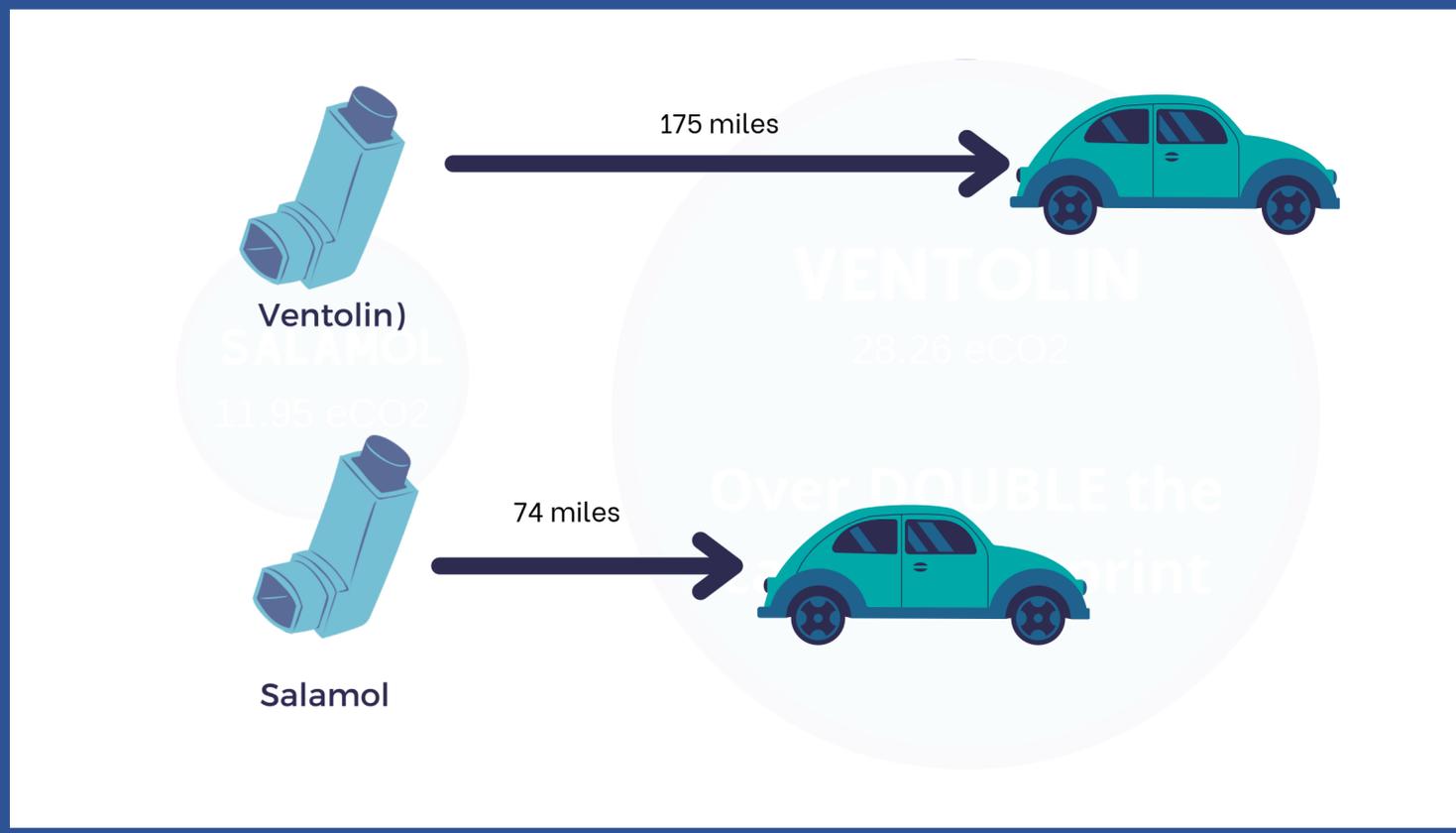


# DO YOU USE A RELIEVER (BLUE) INHALER?

Aerosol spray inhalers (pressurised metered dose inhalers) use propellant gases to deliver medication to the airways. These propellants are powerful greenhouse gases which contribute to climate change. Some aerosol spray inhalers have a lower carbon footprint than others even though they contain the same medicine. Salamol and Ventolin contains the same medicine: salbutamol. They work in the same way and have the same number of doses. However, Salamol has a lower carbon footprint than Ventolin because it contains less propellant gas.

In order to reduce the carbon footprint of our patients' salbutamol inhalers we are changing the prescription to Salamol. This will not affect your asthma care. You may however notice a change in the taste of the inhaler. This is normal.



## WHAT ELSE CAN I DO TO HELP THE ENVIRONMENT?

Make sure your asthma is well controlled and you know how to use your inhaler. **Having well controlled asthma is the best thing you can do for yourself and the planet.** If you have asthma and are using 3 or more reliever inhalers a year, this may suggest your asthma is not well controlled. Please speak to your GP practice to book an asthma review.

Return used inhalers to the pharmacy so they can be disposed in an environmentally safe way.

Speak to your health care professional to ask if you are suitable for a dry powder inhaler. These inhalers do not contain any greenhouse gases and so have a much lower carbon footprint.