

YOUR INHALER CHOICE

can help us tackle climate change

Climate change is negatively affecting people with respiratory problems as it causes increased water and air pollution and hotter dryer days, all which can trigger respiratory symptoms.

Some of the most commonly prescribed inhaler devices in the UK (metered dose inhalers) contain propellants that are greenhouse gases that contribute to the climate crisis. There are different types of inhaler devices available (e.g. dry powder inhalers) that have a significantly lower carbon footprint and are therefore much better for the environment.

In Sussex, we are committed to moving appropriate patients to lower carbon inhaler devices – this could reduce inhaler carbon emissions by 90%.

Talk to your GP, asthma nurse or pharmacist at your next appointment about the type of inhaler(s) you use to see if you could move to one that is better for the environment.



Support for using your inhaler correctly

The best inhalers for the environment are those that are used properly. Ask your GP, asthma nurse or pharmacist to check your inhaler technique to ensure you are getting the most from your inhaler.

Always return your used inhaler to your local pharmacy where it can be disposed of in a way that is best for the environment.

By using your inhaler well, you are actively helping to minimise Climate Change, thereby reducing its effects on respiratory health for yourself and others, now and in the future. Thank you.

