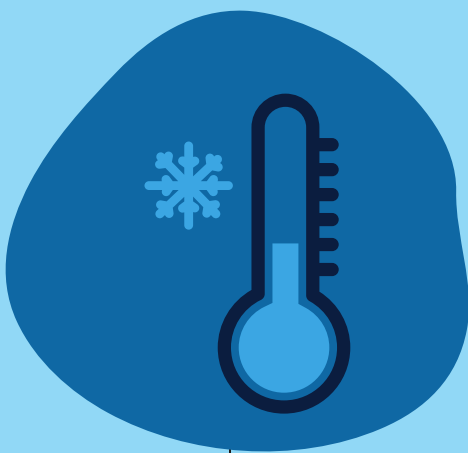


# Weather & Asthma



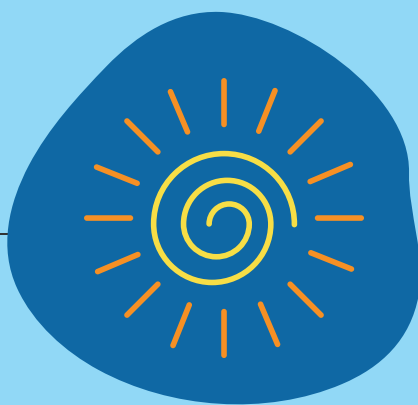
## Cold, Dry Air



Your airways can become irritated from air that is cold and dry, making breathing more difficult. Your body makes more mucous when it is cold, which clogs up your lungs and makes you cough.

Tip: Cover your nose and mouth with a mask or scarf when it is cold and dry outside.

## Heat & Humidity



Warm temperatures allow dust mites and mold to thrive, which are common triggers for asthma attacks.

Tip: Stay in air conditioned environments. Keep home humidity less than 50%.

## Thunderstorms



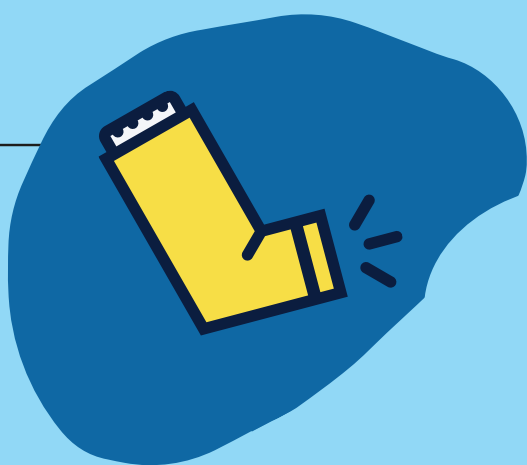
Windy conditions during storms can kick up pollen. Increased moisture breaks pollen into tiny pieces which can trigger asthma symptoms when inhaled.

Tip: Stay indoors until storms pass.

## Changes in Weather

Some people get more asthma symptoms when the seasons change.

Tip: Control your asthma to reduce risk of flare-ups due to weather.



## What can you do?

- Keep your asthma under good control by taking your controller inhaler daily.
- Take your rescue inhaler as soon as you notice symptoms.
- Take the medicines your doctor prescribes.
- Carry a rescue inhaler with you.



learn more at [www.famallies.org](http://www.famallies.org)

Source: Asthma.org.uk