



## SUMMER ASTHMA TRIGGERS

- Higher humidity combined with hotter temperatures.
- Increased smog and air pollution.
- Pollen from grass, weeds, trees, flowers is at the highest levels.
- Increased mold growth due to higher humidity.
- Indoor dust mite counts increase due to higher humidity.

### What You Can Do To Take Control

- ✓ Keep allergies under control. Uncontrolled allergies can lead to asthma flare-up.
- ✓ Take daily, controller asthma medicines as prescribed.
- ✓ Keep rescue inhalers close at hand.
- ✓ Watch weather reports for humidity levels and pollen counts.
- ✓ Don't play on or around freshly cut grass.
- ✓ Wear gloves and a filtered mask when gardening.
- ✓ Use air conditioning to help lower indoor humidity. (Dust mites don't like it cool.)
- ✓ Clean air conditioner filters regularly. Dirty filters become a source for dust and mold.
- ✓ Ceiling fans can help too. Be sure to clean the dust from blades with a damp cloth.
- ✓ Use an indoor air filter/purifier.
- ✓ Use a dampened cloth when dusting furniture.
- ✓ Close house and car windows and turn on the air conditioning when pollen and humidity are high.

### Tips When Traveling With Asthma

- ▲ Place all medicine in your carry-on bag, including rescue inhaler. Never pack medicine in checked baggage. It may not arrive at your destination when you do!
- ▲ Carry a written Asthma Action Plan with you and pack a copy in your suitcase. For a free copy, call Alres Dinnall, RN, at 413-233-3553.
- ▲ Bring your peak flow meter and check levels daily.
- ▲ Request non smoking rooms/floors of hotels. Better yet, only book stays at 'smoke-free' hotels.
- ▲ If visiting relatives, find out if anyone smokes or owns pets. You might consider a hotel instead.
- ▲ Get the weather report ahead of time for the area you will be visiting including ozone, smog and pollen levels.

