

SPRING FOCUS ON ASTHMA

For someone with asthma, the coming of spring may make it harder to manage asthma symptoms. Pollen from trees and grasses can trigger asthma symptoms, or make them worse.

Pay attention to things that seem to make your asthma worse—these are called triggers. Avoid your triggers if you can. Talk with your healthcare provider if you have any questions about your asthma or your triggers.

Common Asthma Triggers	Ways You Can Help Control Triggers
Smoke	<ul style="list-style-type: none"> ◦ If you smoke, get help to quit ◦ Don't allow smoking in your house or car ◦ Make sure wood-burning stoves and fireplaces are well ventilated, or avoid use, if possible
Dust mites	<ul style="list-style-type: none"> ◦ Keep mattresses and pillows in dust mite-proof covers ◦ Wash your sheets and blankets each week. Use very hot water ◦ Remove stuffed toys from the bedroom, or wash them weekly in hot water ◦ Vacuuming may stir up dust. Stay out of rooms that are being vacuumed ◦ Take rugs and carpets out of the bedroom
Cockroaches	<ul style="list-style-type: none"> ◦ Don't keep food in your bedroom ◦ Keep food and trash in sealed containers
Pollen	<ul style="list-style-type: none"> ◦ Stay inside and keep windows closed when pollen levels are high
Exercise	<ul style="list-style-type: none"> ◦ Ask your provider if you should take asthma medicine before you exercise ◦ Warm up before you exercise
Strong smells	<ul style="list-style-type: none"> ◦ Avoid perfume, powders, aerosol sprays (like hair spray or insect spray), and strong-smelling cleaning products
Weather	<ul style="list-style-type: none"> ◦ On cold days, cover your nose and mouth with a scarf to avoid breathing in cold air
Pets	<ul style="list-style-type: none"> ◦ Keep pets with fur or feathers out of your bedroom, or home, if possible ◦ Give pets a bath to reduce pet dander
Mold	<ul style="list-style-type: none"> ◦ Fix leaky faucets and pipes ◦ Clean moldy areas, including shower curtains ◦ Keep basements dry
Colds	<ul style="list-style-type: none"> ◦ Wash hands often ◦ Avoid people with colds ◦ Get plenty of rest ◦ Drink plenty of fluids
Stress	<ul style="list-style-type: none"> ◦ Stay calm and breathe slowly ◦ Focus on things that keep you calm or happy

**You may not be able to avoid all your triggers.
Talk with your healthcare provider to find ways to manage them.**



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