

ASTHMA AND WEATHER



BE PREPARED BY KNOWING THESE FACTS AND TIPS

Impacts:

- Sudden or significant changes in the weather can cause irritation in the airways of asthma sufferers and can even prompt an attack.
- Cold air can cause constriction of airways and trigger asthma.
- Wind stirs up pollen and mold spores, so those who are sensitive to allergens are at a higher risk of irritation when it's windy.
- Rain increases mold spores and sends them into the atmosphere, causing irritation.
- Sudden changes in air pressure can influence the sinuses and trigger asthma symptoms.
- Pollutants, like smog and exhaust are exacerbated during the summer months and can cause asthma sufferers to experience symptoms.

Ways to avoid weather-related asthma triggers:

- Pay close attention to the weather forecast and know when sudden changes in temperature, pressure, precipitation, humidity, or ozone might trigger symptoms so you are prepared to handle them.
- Pollen levels are usually at the highest in the morning hours, so if possible, stay indoors until mid-morning.
- Wear protective clothing over your face and mouth when outside during the cold winter months.
- Limit outdoor activity on days where weather triggers are likely to be high.
- Keep your house as air-tight as possible, by keeping windows and doors closed. This will help keep mold and pollens out. Air conditioning is beneficial to not only cool the air, but to filter the air as well.

