



## **Don't Let Asthma Ruin your Summer Holidays**

Summer days can mean lots of fun in the sun and outdoor activity. Unfortunately many outdoor asthma triggers, including grass, pollen, hot humid weather and poor air quality can pose a problem for people with asthma through summer. Good asthma management means being aware of your triggers and avoiding them wherever possible. Physical activity is also a very common trigger for asthma. However, as exercise is part of healthy living, it is one trigger that should be managed and not avoided!

### **Here are some tips to help you stay active and manage your asthma this summer....**

- Choose indoor activities on days when the air quality is poor, particularly on windy days or when there are any bushfires around.
- Make sure you have access to your blue reliever puffer at all times.
- If physical activity is a trigger, use a blue reliever puffer 5-10 minutes before you start exercising, and start slowly to warm up.
- Never start exercise if you have asthma symptoms (cough, shortness of breath, wheeze)

For further information contact Asthma Foundation NSW.

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