



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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