



Cold Air and Asthma Management

Cold air entering the lungs can cause airway constriction and is therefore a common trigger for asthmatics. The effects of cold air can be anticipated and prevented by some pre planning. To help manage asthma in cold weather, consider these following tips:

- Keep your asthma well controlled at all times and carry your prescribed reliever medication with you.
- If cold air is a trigger for you, take your reliever medication 10 – 15 minutes before exposure to cold air.
- Check weather conditions before going out and dress for the weather conditions by covering up. Wear gloves, a scarf and a hat.
- Breathe in through your nose. Your nose is designed to warm and humidify air.
- A scarf that covers both your nose and mouth will help keep the air you breathe warm and moist.
- Avoid outdoor exercise in extremely cold weather.
- Talk to your doctor about your asthma control.