

6 WINTER WELLNESS TIPS FOR PEOPLE WITH ASTHMA



Check in with Your Healthcare Professional:

Winter can be especially challenging for people with asthma. Regular follow-ups with your healthcare team help ensure your treatment stays on track. You can also reach out to Asthma Canada's HelpLine for additional information and support.



Follow Your Asthma Action Plan:

Make sure your Asthma Action Plan is up to date and review it with your healthcare provider. Having a clear plan, and following it closely, helps you stay prepared if your symptoms worsen.



Take Your Controller Medication:

Don't skip your daily controller medication, even if you feel well. These medicines work in the background to keep your airways less inflamed and more stable, which is especially important during the colder months. Using a spacer with your asthma medication can lead to better medication delivery.



Be Prepared For An Asthma Emergency:

Always keep your reliever inhaler with you in case of sudden symptoms and know what to do in an asthma emergency.



Stay Up to Date on Vaccinations:

Respiratory infections can trigger severe asthma symptoms. Protect yourself by staying current on recommended vaccines, including flu, pneumococcal, RSV, shingles, and COVID-19.



Know Your Winter Triggers & How to Combat Them:

- **Cold air:** When out and about, cover your nose and mouth with a scarf to warm the air before you breathe it in.
- **Indoor triggers:** Reduce exposure by cleaning regularly for dust, mould and pet dander. Avoid smoke from fireplaces and choose unscented products when possible
- **Stress:** Winter can be isolating and stressful. Prioritize your mental health with relaxation techniques, regular exercise, and staying connected with friends or support networks.

Need Support This Winter?

For more information and support visit: asthma.ca/winter

To speak with a Certified Respiratory Educator at no cost, call Asthma Canada's HelpLine at **1-866-787-4050** or email info@asthma.ca.