



8 TIPS FOR PEOPLE LIVING WITH ASTHMA & HAY FEVER THIS POLLEN SEASON



Check the pollen forecast

Monitor daily pollen levels and limit outdoor activities on high pollen days, especially in the early morning.



Protect the air in your home

Keep windows closed, use an air purifier with a HEPA filter, and clean surfaces regularly to reduce indoor pollen exposure.



Shower and change clothes after being outside

Pollen can stick to skin, hair, and clothing, prolonging exposure.



Avoid drying laundry outside

Outdoor clothes and bedding can collect pollen.



Wear sunglasses outdoors

Sunglasses help reduce pollen exposure to the eyes.



Take medications as prescribed

Take preventer inhalers and allergy medications regularly, and consult your healthcare provider if symptoms worsen.



Carry your reliever inhaler

Always have a reliever inhaler on hand in case symptoms flare due to pollen exposure.



Review your Asthma Action Plan

Make sure your plan is up to date, understand your triggers, and know what steps to take if your asthma worsens during pollen season.

Need Support This Pollen Season?

For more information about asthma and hay fever visit: asthma.ca/allergies

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

ASTHMA & HAY FEVER

Hay Fever

is the common name for **seasonal allergic rhinitis**.

1 in 4

people in Canada live with hay fever.



80%

of people living with asthma also live with hay fever.



Managing hay fever is an essential part of maintaining good asthma control.
&
Poorly controlled hay fever can trigger life-threatening asthma attacks.

Pollen Season usually runs from early Spring to Fall:

	Tree pollen:	Usually March to May	Includes birch, oak, maple, and cedar.
	Grass pollen:	Usually May to July	One of the most common causes of hay fever symptoms.
	Ragweed pollen:	Usually August to October	A major trigger of late-summer and fall allergies.

The exact timing of high-allergen seasons will vary depending on the local climate, geographic location, and weather patterns

10 TIPS FOR ASTHMA CONTROL

Asthma control means fewer symptoms, less disruption and more confidence in managing your health.



1. Book a yearly asthma check-up

Meet with your healthcare professional at least once a year to review your asthma, treatment plan and overall control.



2. Keep your Asthma Action Plan up to date

Your Asthma Action Plan is your personal roadmap for managing asthma and recognizing when it is worsening. Develop it with your healthcare professional and review it at each health check.



3. Take your controller medication as prescribed

Controller medicines help prevent asthma flare-ups. Even if you feel well, take them as instructed by your healthcare professional.



4. Know & manage your triggers

Everyone's asthma is different. Learn what makes your asthma worse and take steps to reduce or avoid those triggers. Common triggers include pollen, smoke and cold air.



5. Be prepared for an asthma attack

Carry your reliever inhaler with you at all times and know your Asthma Action Plan steps for what to do during and after an attack.



6. Recognize when your asthma is getting worse

Pay attention to warning signs like if you're waking at night, noticing tightness in your chest, or needing your reliever more often (more than twice a week).



7. Use your inhaler properly

Good technique helps medicine reach your lungs. Have your healthcare professional or pharmacist check your technique regularly. Use a **spacer** with your inhaler if possible.



8. Reach out for support

Our bilingual **Asthma & Allergy HelpLine** connects you with Certified Respiratory Educators who can answer your questions and guide you with your asthma management. Call **1-866-787-4050** or email info@asthma.ca.



9. Stay up to date on vaccines

Respiratory infections like flu, RSV or pneumonia can make your asthma worse. Talk to your healthcare provider about which vaccines are right for you.



10. Manage your physical & mental health

Regular exercise, good sleep, a balanced diet and caring for your mental health all support lung health and overall well-being.

Download your Asthma Action Plan:
asthma.ca/asthma-action-plan

