



Now that summer has officially arrived, temperatures and humidity are on the rise. Read below for tips and tricks for beating the heat this summer and managing asthma symptoms.

SCHOOL IS OUT AND SUMMER IS HERE!

1) Keep indoor humidity low.

Dust mites, mold, and other humidity-related allergens love warm, moist environments. With this in mind, it is important to keep indoor humidity below 50%. Unsure how to measure the humidity in your home? Many inexpensive devices measure humidity and can be purchased on sites such as amazon for around \$20.

2) Be cautious during pool time.

While swimming can be a great low impact exercise that reduces that chance of overheating this summer, some people's asthma are triggered by chlorine. Chlorine is a chemical added to swimming pools to disinfect the water. Unfortunately, chlorine can be a respiratory irritant, like many other strong chemicals and cleaners. If chlorine irritates you or your child, reduce exposure to chlorine or find another type of exercise all together.



ASTHMA ACTION COALITION

Please join us to learn more about asthma!

When: Every 2nd Tuesday on even months at 10AM – 11AM. Next meeting is August 13th 2019.

Where: The Frederick County Health Department.

Contact: 301-600-3343 or leadasthma@frederickcountymd.gov

3) Monitor the air quality index.

There is an app for that! Smartphone users can download “State of the Air,” an app created by the American Lung Association to provide a daily report of the air quality index in your area. You can also check the index online or on your local news station. On days where the air quality is poor, limit the amount of time spent outside. While driving, it can be helpful to keep the windows closed and the air conditioning recirculating so you do not bring air pollutants from outside to inside the car.

4) Consider allergy testing.

Allergies can worsen or trigger asthma, which is why it is so important that people know what their allergies are. Many summer triggers such as mold, grass, and pollen worsen around this time of the year. Knowing what you are allergic to is the first step. If you suspect that you or your child have allergies, consider asking your doctor about allergy testing. Once you know what your allergies are, it will be much easier to avoid and limit exposure.

Source: <https://www.everydayhealth.com/asthma/heat-humidity-and-asthma-symptoms.aspx>