



WINTER IS HERE!



Winter is an especially hard time for people with asthma. Read below for tips and tricks for managing your child's asthma this winter.

1) **Limit outdoor activities**

- If you must exercise outside, consider using your inhaler 15 to 30 minutes before you exercise. This opens up your airways so you can breathe easier through prevent wheezing and reduce shortness of breath
- Carry an inhaler with you in case you have an asthma attack.
- Warm up for at least 10 to 15 minutes before you work out.

2) **Dress appropriately**

- Protect your child from the cold. Wear a jacket and a mask or scarf over your face to warm the air you breathe in.

3) **Hydrate**

- Drink extra fluids in the winter. This can keep the mucus in your lungs thinner and therefore easier for your body to remove.

4) **Clean**

- Vacuum and dust your home often to remove indoor allergens.
- Wash your sheets and blankets every week in hot water to get rid of dust mites

5) Does your child have an **Asthma Action Plan**?

- This plan is a one page written document that helps parents, providers, and schools all be on the same page regarding a child's asthma. It provides information such as what medications to use, when to use them, and what a child's asthma triggers are. Copies of the plan should be at home, school, before/after school care, extracurricular activities, or any other place your child spends a significant amount of time.
- Follow asthma action plan, take prescribed medications and inhalers and reduce exposure to triggers.

For more information about Asthma Action Plans and an example of what one looks like, click here: <https://www.aafa.org/asthma-treatment-action-plan/>

6) Medications

- Before school resumes, do not forget update the necessary paperwork needed to keep medicine at your child's school. Your child will most likely need their rescue medication at school. If your child uses a spacer or peak flow meter, those supplies should also be at school. Make sure your child's medication is not expired and everyone, including your child knows where to find the medicine.

ASTHMA ACTION COALITION



When: We plan to meet on every 2nd Tuesday in January, April, July and October from 10 AM – 11 AM.

Where: The Frederick County Health Department.

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

Please join us to learn more about asthma! Our Lead and Asthma team here at the Frederick County Health Department is currently in the process of revamping our coalition. We are looking for community members, parents, providers, and other advocates to champion our coalition. We are interested in tackling projects such as medication adherence education, creating a seamless referral process, and collaboration within all organizations that encounter pediatric asthma.

Feel free to check out the coalition's website, review meeting minutes, and agendas here:

<https://health.frederickcountymd.gov/599/Asthma-Action-Coalition>