Asthma Management Tips
Preparing for the Holidays

The holiday season is a joyous time, but it can also present some unique challenges for individuals managing asthma. Here are a few helpful tips to keep asthma in check.

Minimize exposure to triggers

Decorations - Opt for artificial trees or wash live ones to reduce mold and pollen.

Environment - Cigarette smoke is one of the most common asthma triggers. If family members must smoke during the holiday gathering, ask them to smoke outside. Wood burning fireplaces and scented candles or potpourri are irritants that can lead to asthma attacks. Gas fireplaces with doors are better for people with asthma. It is best to avoid places with scents of the season.

Consider pre-treating with albuterol prior to going to a house with known triggers.

Medication Management

Stock up - Ensure you have enough medication to last through the holidays, including rescue inhalers.

Traveling - make sure medications are easily accessible.

Be Aware of Environments

Visiting other homes/facilities - If you are visiting someone else's home or facility, be aware of potential allergens and politely ask about pets or other known triggers.

Temperature Changes - Keep track of weather conditions, as cold air can worsen asthma symptoms. Wear scarves over your mouth and nose if you're outside in cold weather.

Be Prepared: What to do During an Attack

Stay Calm: Follow your Asthma action plan and administer medication as prescribed

Seek Help: **Know when to call for emergency assistance.**

Information from: Asthma and Allergy Network
https://allergyasthmanetwork.org/news/home-for-the-holidays/