

Ways to fight winter asthma



Winter weather poses its own unique risks for those suffering from asthma.

- **Keep warm**

Breathe through your nose – it warms, filters and humidifies the air before it gets to your airways in the lungs. Wear a loose scarf around your mouth and nose before venturing out into the cold.

- **Exercise in winter**

Work out in a place that is warm and humid – avoid cold, dry air if possible. And warm-up for 15 minutes prior to exercising. Try to breathe through your nose (not your mouth) when you exercise.

- **Avoid winter triggers**

Keep your distance from people with colds or the flu; avoid cold, dry air; stay clear of air pollution such as wood-burning fire smoke. Other winter triggers may also include changes in temperature, dust mites, pollens and mould.

- **Get vaccinated**

People with asthma should get both the flu vaccine and the COVID-19 vaccine.

- **Winter hygiene**

Stay hydrated and wash your hands regularly. Use a preservative-free saline nasal spray or sinus irrigation and check the air quality around the home

- **Prevention is best**

Visit your doctor for an asthma review; get a written Asthma Action Plan; take the Asthma Control Test; use your preventer medicine every day

