



Asthma Control

Winter 2003



Getting Ready for WINTER

Asthma Checklist

You are more at risk for an asthma attack in the winter months. Here is a checklist of things you can do to be prepared:

- ◆ Get your flu shot.
- ◆ Wash your hands often.
- ◆ Eat a healthy diet.
- ◆ Clean and replace filters in your furnace before starting it for the season. Clean and change filters each month the heating system is active.
- ◆ Set home humidity at less than 40 to discourage dust mites.
- ◆ Clean fireplace chimney. Fireplaces can create dangerous smoke.
- ◆ Wear a scarf across your face in cold weather.
- ◆ Continue following your asthma action plan and taking medications.
- ◆ Consult your physician before using over-the-counter cold medicines. Some medicines such as aspirin, which is found in many over-the-counter cold medicines, may trigger asthma symptoms.

Wintertime Tips

Cold air can cause an asthma attack. Protect your lungs when you go outside by covering your mouth and nose with a scarf.



Make breathing easier indoors by changing the air filter in your furnace according to the manufacturer's recommendation.

