

Backdoor Reading From Your Parish Nurse

Asbury United Methodist Church

August, 2009

When Asthma Triggers Heat Up

The fun of summer is here once again—but with it comes a new set of health concerns. Just as you need to slather on sunscreen to avoid skin damage and drink enough water to stay hydrated, there are steps you should take to avoid this season's asthma triggers. What are they? Breathe easier with these tips.

GRASS & RAGWEED POLLEN

Summer is peak season



When the humidity rises in the summer, it can cause problems for people with asthma for several reasons. First, humidity can trigger asthma & second, it

causes mold to grow. Consider the following:

- Use air-conditioning and keep windows in your home closed.
- If you have a lawn, keep the grass cut to about 2 inches or less. If possible, have someone without allergies

Molds

causes mold to grow. Consider the following:

- Keep humidity in home < 50%.
- Use air condition-

cut it.

- Avoid outside activity in the morning, when pollen counts are highest.
- Always wear a dust mask and gloves and try to avoid touching your face when working outside.
- Take a shower before bed to wash pollen off your skin and hair.



- ing with HEPA filter attachment.
- Stay indoors when mold counts are high.
- Keep your home

- Clean & dry
- Remember to work with your Doctor to control symptoms & medicine as prescribed.