



## Managing Asthma in Summer Heat

Summer heat can be challenging for people living with Asthma. High temperatures, humidity, pollution, and allergens can trigger breathing difficulties and increase the risk of asthma flare-ups. With proper awareness, regular medication, and a few lifestyle adjustments, asthma can be effectively managed even during the hottest months.

### Common Summer Asthma Triggers

- Hot and dry air
- High humidity
- Pollen from grass and weeds
- Air pollution and smog
- Strong smells, chemicals, and pool chlorine

### Warning Signs

- Coughing or wheezing
- Chest tightness
- Shortness of breath
- Frequent use of rescue inhaler

### Tips to Manage Asthma During Summer

- Stay hydrated
- Avoid outdoor heat and pollution
- Take medicines regularly
- Carry your rescue inhaler
- Keep indoor air clean
- Follow your asthma action plan

### Exercise Tips for Asthma Patients

- Warm up before exercise
- Prefer indoor workouts on hot days



- Stop if symptoms appear
- Use inhaler before exercise if advised

### Common Signs of Chronic Stress

- Eat antioxidant-rich fruits and vegetables
- Include omega-3-rich foods
- Avoid oily and heavy meals
- Maintain a healthy body weight
- Get enough sleep and manage stress

### Seek Immediate Help If

- Inhaler is not working
- Severe breathing difficulty
- Trouble speaking
- Bluish lips or nails

Understanding triggers, taking medicines regularly, and following healthy lifestyle habits can help keep symptoms under control. Early care and regular medical guidance are essential for safe and healthy breathing throughout the season.