

Asthma/Triggers Through the Seasons

WINTER TRIGGERS

COLD WEATHER.

HALLOWEEN TREATS/EXCITEMENT/SMOKE.

HOLIDAY/SEASON TRIGGERS- SMOKE ON BONFIRE/FIREWORKS NIGHT.

REAL CHRISTMAS TREES MAY TRIGGER ALLERGIES.

ARTIFICIAL TREES/DECORATIONS ARE DUSTY.

CANDLES/ROOM SCENTS ARE MORE COMMONLY USED AT THIS TIME.

AVOID STRONG SMELLS/ SPRAYS/CANDLES/AEROSOLS.

AUTUMN TRIGGERS

LEAVES FALL AND MOULDS GROW ON THEM- AVOID PLAYING IN FALLEN LEAVES.

WEATHER BEGINS TO COOL/WINDOWS AND DOORS ARE CLOSED AND CENTRAL HEATING IS TURNED ON - LESS AIR CIRCULATES IN THE HOME.

IN WARM HUMID HOMES THE HOUSE DUST MITE NUMBERS INCREASE- COMMON TRIGGER FOR ASTHMA, TRY NOT TO OVERHEAT THE HOUSE AND WASH BED LINEN OVER 60 DEGREES.

RETURN OF VIRAL TRIGGERS- COUGHS AND COLDS

SPRING TRIGGERS

TREE POLLEN/GRASS POLLEN/NETTLES/OIL SEED RAPE.

KEEP WINDOWS AND DOORS CLOSED.

IF YOU TAKE HAYFEVER MEDICATION IN SPRING OR SUMMER START IT 4 WEEKS BEFORE SYMPTOMS USUALLY START.

CHECK THE POLLEN COUNT/WEAR SUNGLASSES ON HIGH POLLEN COUNT DAYS.

SUMMER TRIGGERS

GRASS POLLEN/ NETTLE POLLEN/ MOULD SPORE RISES- CHECK THE POLLEN COUNT.

TAKE ALL REGULAR MEDICATIONS EVEN ON HOLIDAY AND IN SCHOOL HOLIDAYS.

EXAMS CAN CAUSE STRESS WHICH CAN INCREASE SYMPTOMS.

CARRY A RESCUE INHALER AT ALL TIMES PARTICULARLY WHEN EXERCISING.

