How to Keep Your Asthma Under Control This Spring

Spring has sprung and for those who suffer from asthma or have allergies, this can be an unpleasant time. If allergies are making your asthma worse it is important to treat those reactions to prevent serious attacks. Here are a few tips that can ease some of your symptoms and get your asthma and allergies under control.

Talk to your Healthcare Provider:

- Be sure to keep them informed if you begin having trouble controlling your asthma or allergy symptoms
- If asthma flare-ups are frequent during the spring months, talk to your asthma care provider about getting tested for common allergens

Take Allergy Medications:

- If you have spring allergies, your provider may recommend that you start taking an allergy medication a week or so before the season begins

Wash and Dry Your Bedding & Clothes Indoors:

- Wash bedding in hot, soapy water once a week. Dry your clothes in a clothes dryer, not on an outdoor line
- Outdoor clotheslines can leave your laundry coated in pollen

Wear Sunglasses & a Hat

- Sunglasses, hats, and other protective clothing will help keep pollen out of your eyes and off your hair

Limit Outdoor Pet Contact:

- Limit close contact with pets that spend a lot of time outdoors

Keep up with your Asthma Medications:

- It’s very important to have your rescue inhaler on hand (like albuterol or ProAir) in case it is needed
- Reducing airway inflammation with the use of your controller medication (like Flovent, QVAR, or Advair) as prescribed can help prevent asthma attacks

Remove Pollen from Your Body

- Bathe and shampoo your hair before going to bed. This will remove pollen from your hair and skin and keep it off your bedding

Limit Your Outdoor Activities:

- When pollen counts are high, limit the amount of time spent outside.
- The morning tends to have the highest pollen counts. It’s best to avoid being outdoors between the peak hours of 5 AM - 10 AM.
- Check out the Weather Channel or an allergy tracker tool that can alert you to the pollen levels in your area

Keep the Outside Air Out:

- Keep windows closed during pollen season and use central air conditioning with HEPA filter attachment. This applies to your home and to any vehicle

*Note: It is very important to make sure your child has enough of his/her prescribed daily and emergency asthma medications. Be sure to get refills and ensure the proper medications are on hand and not expired. The medication may save your child’s life. A spacer helps to make sure the medicine reaches your child’s lungs properly. No matter how old your child is, your support is important. Please help ensure they have proper medication and are taking their medications properly. Even if your child feels or seems okay, it is important that they stay on their controller medications as prescribed. Ask your doctor or local pharmacist if you need medical advice or support.

All students and parents should contact their doctor and school nurse for more information.
For additional information visit bphc.org/asthma

April 2017