



Cold Air Can Trigger Asthma

Cold air can trigger asthma symptoms in some people with asthma.

To protect yourself:

- Cover your face. Put a scarf over your nose and mouth or use a face mask.
- Breathe through your nose.
- Exercise indoors on cold days.



For questions and resources, call 1 (833) 327-8462.

www.SouthSideKidsAsthma.org