



Hot and Humid Air Can Trigger Asthma

Hot and humid air can trigger asthma symptoms in some people with asthma.

Air pollution, pollen counts and ozone levels go up when it is hot and humid.



To protect yourself:

- Breathe in and out from your nose.
- Exercise indoors on hot days.
- If you must be outside during the hottest part of the day, take breaks as needed.
- When inside, keep windows closed and the air conditioning on.
- Talk to your doctor about how and when to use your inhaler in hot and humid air.



**For questions and resources, call 1 (833) 327-8462.
www.SouthSideKidsAsthma.org**