



## 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](http://www.SouthSideKidsAsthma.org)**