Summer Asthma and Allergy Tips

Summer is a time for outdoor activities that may trigger asthma. Mold spores may also be high in hot humid weather.

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<tr>
<th>Common Outdoor Allergy Symptoms</th>
<th>Common Asthma Symptoms</th>
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<tbody>
<tr>
<td>Sneezing</td>
<td>Wheezing</td>
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<tr>
<td>Stuffy Nose</td>
<td>Cough</td>
</tr>
<tr>
<td>Watery Eyes</td>
<td>Chest tightness</td>
</tr>
<tr>
<td>Itchy eyes, nose or throat</td>
<td>Hard to breathe</td>
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</tbody>
</table>

**Outdoor Allergens**

- Grass pollen is usually high in May and June. Mold spores may be high all year.
- Keep windows closed and use an air conditioner when the pollen count is high.
- If grass or mold pollen is one of your triggers, stay indoors when a lawn is being mowed near your home.
- Ask your primary care giver if allergy medicine is needed. Allergies and asthma are connected. If your child is having allergy symptoms it may also start up asthma symptoms. Follow your asthma action plan if you have asthma symptoms

**Weather**

- Hot, humid air can be an asthma trigger
- Keep windows closed and use an air conditioner
- Stay indoors as much as possible
- Watch the news to find out when the weather will hot and humid
- Before the weather turns hot and humid go to the Yellow Zone on the asthma action plan to help prevent Red Zone.
- Follow your asthma action plan.

**Exercise**

- Exercise is an asthma trigger for some people. If exercise is a trigger, use Quick Reliever medicine before running, playing or swimming outdoors.

**Swimming Pools**

- Strong chlorine smell from indoor swimming pools may be an asthma trigger. Another choice is to swim in an outdoor pool. The chlorine smell is not as strong.

**Ozone**

- Ozone is an asthma trigger. Stay indoors on high ozone days
For Ozone information in Kansas City click here.  
http://marc.org/environment/airq/ozone_alert_day.htm

Know the Skycast. It is located on the right side of this page

(Add the SkyCast to Your WebSite or Intranet ) (Add on right side of page along with pollen count)

(a href="http://www.marc.org/Environment/airQ/skycast.asp"><img src="http://www.marc.org/airquality/alert.jpg" alt="SkyCast" width="300" height="60" border="0" /></a>)

Smoke

- Summer is a time for Bar-B-Que's and fireworks which put smoke into the air.
- If smoke is a trigger stay indoors or away from smoke as much as possible.
- If smoke is a trigger go to the Yellow Zone on the asthma action plan a few days before the 4th of July to help prevent Red Zone.
- If smoke is a trigger go to the Yellow Zone on the asthma action plan a few days before you go to a Bar-B-Que to help prevent Red Zone.