

Asthma Management: Watch the Weather

When you have Asthma the weather can affect how well your asthma symptoms are being controlled.

High heat, very cold weather, high humidity, and rain can all cause an increase in your symptoms.

Not only can weather trigger your asthma symptoms alone, but some weather can affect other triggers as well.

Pollen, mold, and air pollution can all increase when the weather is very hot.

Watch the weather each day before you go out.

These websites can help...

Plan your day based on the weather and air quality to help you manage your asthma.