



Children's
Healthcare of Atlanta



ASTHMA

SUMMER SAFETY

TIPS
to help you
control your asthma
and
prevent attacks
during the
summer months

Know the pollen count—
weed and grass pollens
can be high during
the summer.



Stay hydrated—
drink plenty of water before,
during and after exercise.



Pay attention to air quality—
consider moving outdoor
activities indoors or to the
morning time on bad air
quality days.



Be aware of humidity—
molds and dust mites thrive
when the air is moist.



Pretreat 15 to 20 minutes
before exercise—
and stay active.



Get your school health
paperwork filled out and
keep a copy of your **asthma**
action plan with you.



Be careful around any
type of smoke—whether
from barbecues,
campfires or cigarettes.



Take your controller
medicines every day—even
when you're feeling well.



Visit choa.org/asthma
to learn more.

