



Asthma Tips for Vacations

Just because you're on vacation doesn't mean your asthma is. Here are some tips to help you keep your asthma under control.

- If your doctor has prescribed a long-term controller medication for you, remember to continue taking it as prescribed.
- Make sure that your quick-relief inhaler has not expired. If you think you may need a refill, get it before you travel.
- Cold air can be an asthma trigger. If you're going someplace cold, be sure to cover your mouth with a scarf.
- If exercise or being active is a trigger for you, be sure to use a quick-relief inhaler like ProAir[®] HFA 15-30 minutes before exercising.
- Remember that wood smoke from campfires or fireplaces can also be an asthma trigger. Try to avoid smoke if you can.