6 TIPS FOR STAYING SAFE WITH ASTHMA DURING WILDFIRE SEASON

Stay informed:

Keep track of local air quality updates and wildfire information from reliable sources like **Environment Canada**, the **Weather Networ**k and the **Government of Canada**.

Have an updated Asthma Action Plan:

Your plan should outline steps to take in case of worsening asthma symptoms or emergencies. Download your plan now from **asthma.ca**.

Limit outdoor activities:

Stay indoors as much as possible. Avoid physical exertion and exercise outdoors during peak pollution periods. If going outside is necessary:

- Wearing a well-fitted N95 respirator mask can offer some protection against smoke particles. These can be purchased in certain pharmacies and online.
- Keep your reliever (usually blue) inhaler with you at all times in case asthma symptoms arise.
- When driving, keep your windows and vents closed and only use air conditioning in the "recirculate" setting

Use air purifiers and filters in your home:

Use high-efficiency air purifiers (HEPA) and keep windows and doors closed to prevent smoke infiltration. If using an air conditioner, choose the recirculation setting so outside air will not be transferred inside. Avoid activities that contribute to indoor air pollution, such as smoking or using strong chemicals.

Take your medications as prescribed:

Make sure you have necessary medications and supplies readily available and follow your prescribed asthma medication regimen, including both preventive and rescue medications. If necessary, consult your healthcare provider to adjust your medication plan during episodes of poor air quality.

Stay hydrated:

Drink plenty of fluids to keep your airways hydrated. This can help reduce symptoms and keep mucus thin, making it easier to cough up if necessary.

Need Support This Wildfire Season?

For more information and support visit: **asthma.ca/wildfires**.

To speak with a Certified Respiratory Educator at no cost, call Asthma Canada's HelpLine at **1-866-787-4050** or email **info@asthma.ca**.

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Manitoba Lung Association
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