

Exercise Induced Asthma Tips

- Create an asthma action plan for yourself or your kids to have on hand and share with coaches. bit.ly/actionplan
- Make sure you inform coaches and team mates about your asthma so that everyone around you recognizes the warning signs in case of an emergency.
- Keep your emergency medication with you at all times. For tips on how to use your inhaler click the link below. bit.ly/inhalervideo
- Staying hydrated and doing pre-exercise warm ups and cool down exercises can help reduce EIB symptoms.
- Check the pollen, humidity, and air quality before going outside for exercise so you can be cautious and make smart decisions about how much you can push yourself. Check your pollen count and air quality by visiting bit.ly/pollencount and bit.ly/airquality.
- Know your limits with exercise and sports. Pay attention to your body and take breaks whenever you need to.
- If you have allergic asthma, avoiding allergens is key to controlling your asthma so you have a good baseline and can achieve your exercise goals. Find out which allergens are living in your home and receive a personalized removal action plan by visiting exhalenow.com

Have a question for an allergist about your EIB? Click the link below to submit your questions to our allergists and we'll get an answer for you within 72 hours!

exhalenow.com/ask-an-allergist