

# Goals for Controlling Other Things That Make Asthma Act Up

## Strong Odors and Sprays

Stay out of the house while it is being painted.



Avoid perfume and perfumed cosmetics.



Do not use room deodorizers.



Do not burn incense.

Use nonperfumed cleaning products if possible.



Reduce strong cooking odors by using a fan.

Avoid air pollution by staying indoors on smoggy days.



## Weather



Wear a scarf over your mouth and nose in the winter.

Dress warmly in the winter or on windy days.



## Colds and Infections



Avoid people with colds or the flu.

Get rest, eat a balanced diet, and exercise regularly.



Talk to your doctor about flu shots.

Do not take over-the-counter cold remedies without asking your doctor.



## Exercising

Work out a medicine plan with your doctor that allows you to exercise without symptoms.



Warm up before exercising and cool down afterwards.

## Wood Smoke

Avoid using wood-burning stoves and kerosene heaters.

