



Clean Air - Healthy Lungs

Stefan Worgall, M.D., PhD.

Air quality is an important factor for healthy lungs. Many studies have shown that cleaning up air pollution is helpful for lung growth and lung health in infants and children. This is especially important for children with asthma who may be spending a lot more time outside during the summer months.

Hot weather leads to an increase in air pollutants which can trigger asthma attacks. While asthma attacks are usually less frequent during the summer (most attacks are triggered by respiratory viruses), children who participate more in outside activities in the heat may experience difficulty with their breathing. Children who have asthma that can be triggered by exercise or allergies should be aware of their triggers and carry their asthma medications during outdoor activities. If the air quality is too bad, like the Canadian wildfires from last year, it is best to stay inside and not engage in too strenuous outdoor activities.

While we have less immediate influence on the outside air quality, it is important to support measures and policies to decrease air pollution and global warming.

Scan here to see
the pollen count in
NYC:



Tips for Travel and Camping



Summertime means more time spent outdoors and traveling.

If you have asthma or allergies, here are some tips to consider before your next vacation!

- If you have allergies, check the pollen count in the area where you will be staying.
- Pack your medicine! This includes your inhaler, spacer, and first aid kit. If you have allergies, remember to take your allergy medication, tissues, eye drops, and EpiPen!
- Let your fellow campers/travelers know about your asthma and allergies and how they can help in an emergency.
- Deep-clean your camping tent to make sure there is no dust or mold.
- If smoke is an asthma trigger for you, avoid standing too close to campfires. If you cannot avoid it, change into clean clothes as soon as possible.
- Consider bringing dust mite covers for your pillows.
- Research where the closest emergency room or healthcare clinic is to your vacation site.
- Talk to your health care provider about ways you can manage your asthma and allergy symptoms!



Let's talk about allergy medications taken by mouth (aka oral antihistamines)!

There are two types of oral antihistamines that can be used, but we generally prefer using ones that will make you less sleepy. These are also known as second generation antihistamines, and they include (listed by the active drug name and brand name):



Cetirizine (Zyrtec)



Levocetirizine (Xyzal)



Loratadine (Claritin)



Desloratadine (Clarinex)



Fexofenadine (Allegra)

As for side effects, you can still expect some drowsiness, but less than first generation antihistamines, such as: diphenhydramine (**Benadryl**), hydroxyzine (**Vistaril**) and more.

Other side effects include dry eyes and headaches.

If these do not work, speak to your health care provider about adding fluticasone (**Flonase**), which may help allergy symptoms.

Please refer to the directions on the packaging or speak with your pharmacist or health care provider about how to take the medications listed above.

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

See if you qualify for a free air conditioner or fan!

Applications open:

April 15, 2024 - August 31, 2024



To apply, ask your child's health care provider for medical documentation of their asthma.



Getting Ready for College: Managing asthma when you are away from home

Leaving home for college is the start of adulthood for many people. It may be the first time you are living away from your home and family. Living independently can be exciting and a bit scary too—especially when you have asthma. You can do it! You can prepare yourself and your environment to improve your quality of life.

Here are some things you should ask yourself:

Do I know how to use my Asthma Action Plan (AAP)? → See your health care provider for an updated AAP before you begin the school year. If you are having a hard time following your plan, talk to your provider about your concerns.

What are my asthma triggers? → If you have never been tested for environmental allergies, see an allergist to get tested so you know your triggers. The more you understand what makes your asthma worse, the better you can manage your symptoms.

What is the weather like where I am attending school? → If your college is in a different environmental area from where you grew up, research the area. Is it colder or hotter? This may affect your asthma. Address these concerns with your provider.

What types of allergens in my new environment should I prepare for? → Are there many different kinds of trees or weeds near your school? Is there dust in your dorm room? Take allergy medications as prescribed, use dust mite covers for your mattress and pillows. Wear a mask when cleaning if you get triggered by dust.

How will I get my medications? → If you are going to school in NY, look for a pharmacy close to campus and have your provider send your medications to the new pharmacy. Ask if your insurance allows for a three-month supply, this way you can bring medications with you to school. If you are going to school out-of-state, someone at home can mail your medications, or you may be able to find a provider in the area that can prescribe medications.

Wherever you go to college, make sure you have a plan in place.

See if your school has a health care center on campus and find out what support they are able to offer students with asthma.

Know what to do in an emergency while on campus.

Tell your friends about your asthma so they can help you in an emergency.



We wish you all the best of luck on your new adventures - remember to take care of yourself!

Word Scramble

LERYAGL

MAIISAENHTTNI

BDRLYANE

OPLTOLIUN

EGITRGR

IICTANLR

ICEARMFP

NLLOPE

IAR TQUYLAI

ECITGSOONN

RCYETZ

RDOOOTUS

DLWRFEII

NAALS

AIR QUALITY
ZYRTEC
OUTDOORS
CAMPFIRE
BENADRYL
ALLERGY
ANTIHISTAMINE

NASAL
WILDFIRE
CONGESTION
CLARITIN
TRIGGER
POLLUTION
POLLEN

