

Hot Weather and Asthma

When it is very hot (over 25°C), the weather can affect how your lungs feel. Hot and sticky air can sometimes make asthma worse.

Some people with asthma or other breathing problems feel worse in hot weather, while others may not. It helps to know what to do to stay well.

How hot weather can affect you

- Hot, sticky air can make it harder to breathe. You may feel short of breath or start wheezing.
- Hot weather can increase air pollution (called ozone). This can be harmful for your lungs.
- Pollen levels can be higher in warm weather. If you have hay fever, this can make your breathing worse.

Staying well in hot weather

Here are some simple things you can do to stay safe and well:

- **Take your inhalers every day** as your doctor or nurse has told you, even if you feel well.
- **Always carry your reliever inhaler** with you.
- **Follow your care plan** for asthma or your lung condition.
- **Drink plenty of water** to stay hydrated.
- **Keep your medicines stored properly** and make sure you have enough.
- **Have cool showers or baths** to help you stay comfortable.

When going outside

- Try not to go out in the hottest part of the day (11am to 3pm).
- Take a bottle of water with you.
- Bring your medicines, including your inhaler.
- Stay in the shade where it is cooler.
- Avoid busy roads, as the air may be more polluted.
- Wear light, loose clothes and a wide hat.
- Wear sunglasses to help keep pollen out of your eyes.
- Use sun cream and follow the instructions on the bottle.

At home

- Keep your home cool by closing curtains when the sun is shining in.

- Use a fan to move the air around.

Stay informed

- Check the weather, pollen and pollution forecasts each day.

