

Lung Irritants – Ways to Reduce Exposure

Here are some ways you can reduce your exposure to factors that make your symptoms worse:

<p>Indoor air pollution:</p> <ul style="list-style-type: none"> • cleaning products • strong odours 	<ul style="list-style-type: none"> • Avoid using strong smelling products. • Use in a well ventilated area.
<p>Outdoor air pollution:</p> <ul style="list-style-type: none"> • exhaust fumes • gas fumes 	<ul style="list-style-type: none"> • Avoid using underground parking garages. • Try to limit travelling through high traffic and industrial areas.
<p>Emotions:</p> <ul style="list-style-type: none"> • anger • anxiety • stress 	<ul style="list-style-type: none"> • Talk to friends and family about your feelings. • Try to remain calm. • Practice your breathing and relaxation techniques.
<p>Sudden changes in temperature:</p> <ul style="list-style-type: none"> • extreme heat • humidity • extreme cold • wind 	<ul style="list-style-type: none"> • Try to remain in an air conditioned environment. • Cover your nose and mouth loosely with a scarf.
<p>Respiratory infections:</p> <ul style="list-style-type: none"> • flu • bronchitis • pneumonia 	<ul style="list-style-type: none"> • Get the flu shot every year. • Avoid people who have respiratory infections. • Always wash your hands.
<p>Other factors:</p> <ul style="list-style-type: none"> • cigarette smoke 	<ul style="list-style-type: none"> • Sit in non-smoking sections. • Ask family and friends to stop smoking around you.