

# 12 TOP TIPS OF CHRISTMAS



## CHRISTMAS TREES

If you prefer a real tree, hose it down before bringing it indoors and keep it in the coolest part of the house.



## DECORATIONS

Dust and clean decorations regularly. This will help remove mould and allergens that may have accumulated.



## CANDLES

Use LED candles where possible. Real candles can release harmful chemicals and irritants into the air.



## WEATHER CHANGES

Wear a scarf over your nose and mouth in cold weather to warm the air before breathing.



## ALCOHOL

Alcohol can trigger asthma symptoms in some people, enjoy in moderation.



## COLDS AND VIRUSES

Discuss vaccinations with your GP or pharmacist. Avoid close contact with people who are sick.



## ASTHMA ACTION PLAN

Ensure you have an updated Asthma Action Plan.



## VENTILATION

Open windows and doors periodically to allow fresh air in and especially when cooking.



## OPEN FIRES

Be mindful that smoke and fumes from open fires can trigger asthma symptoms.



## STRESS

Take time to relax and pace yourself before events.



## CIGARETTE SMOKE/VAPE FUMES

Ensure no one smokes/vapes indoors or near you as this is a major asthma trigger.



## MEDICATION

Take your medication as prescribed. Ensure you have enough medication to last through the holiday season.

**Wishing you a Merry Christmas!**



FREE ASTHMA ADVICELINE  
**1800 44 54 64**

[asthma.ie](https://asthma.ie)

WHATSAPP SERVICE  
**086 059 0132**

