



**THE ASTHMA SOCIETY OF IRELAND  
WOULD LIKE TO WISH YOU  
A HAPPY AND HEALTHY  
CHRISTMAS AND NEW YEAR**

**TO MAKE THE MOST OF THIS FESTIVE SEASON  
DON'T FORGET THESE**

**12**  
**CHRISTMAS TRIGGERS**

**HO! HO! HO!**



## ARTIFICIAL CHRISTMAS TREES AND DECORATIONS

**These gather mould and dust when they are in storage during the year.**

- Ask a family member or friend who does not have asthma to clean them with a damp cloth when they are removed from storage
- Before packing them away, remove any mould or dust they have gathered over the holiday and wrap them in plastic for storage



## REAL CHRISTMAS TREES OR ANY FESTIVE GREENERY

**Christmas trees or any festive greenery such as holly and mistletoe contain mould which thrives in a warm environment.**

- Hose down the tree before you bring it into the home
- Keep the tree in the coolest part of the house
- Remove the tree if you notice it triggering your asthma symptoms



## OPEN FIRES

**These can emit smoke and fumes which are very damaging to your lungs.**

- Avoid being in a room with an open fire
- Burn smokeless fuel and ensure your chimney has been cleaned to allow fumes to flow through easily
- If possible have a stove or gas fire fitted instead of an open fire



## SCENTED CANDLES

**Scented candles, often gifted at Christmas, can emit perfumes and chemicals that can worsen your symptoms.**

- Use non-scented candles or LED candles instead
- Re-gift scented candles if they trigger your asthma



## CERTAIN FOODS

**Know your allergies - get an allergy test and do not eat foods you are allergic to.**

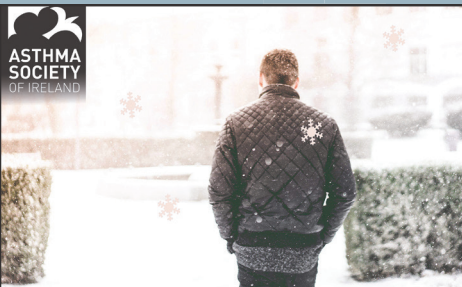
- Let family and friends know about your food allergies in advance if you are going to their house so they can prepare an alternative meal for you



## ALCOHOL

**Alcohol contains histamines and sulphites which trigger asthma in many people.**

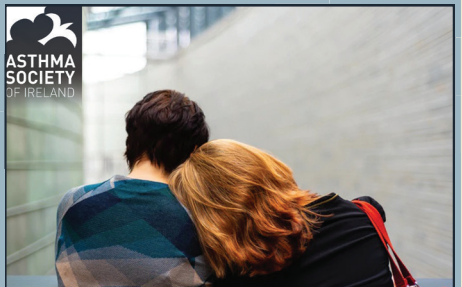
- Avoid drinking certain alcohol if it triggers your asthma
- Bring your own drink when attending parties so you know exactly what is in it



## WEATHER

**Weather changes can have a huge effect on people with asthma, especially the cold weather during winter.**

- Breathe through a scarf when outdoors to help filter the cold air
- Try to exercise indoors instead of outside to avoid the cold air



## STRESS

**Christmas shouldn't be a time for stressing.**

- If you are unable to get your stress under control, talk to a trusted family member, friend or a professional
- Some people find great stress release in meditation and yoga

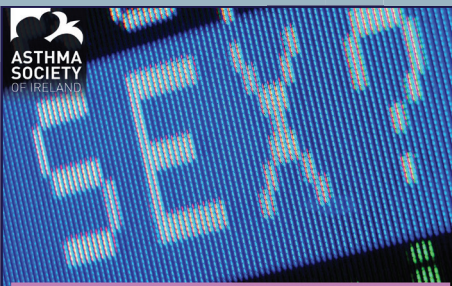




## COLDS AND FLUS

Colds and flus are very prevalent at this time of the year and can be particularly dangerous for people with asthma.

- Try to avoid contracting and spreading the cold and flu – the Asthma Society has some tips on how to do this
- Speak to your doctor about getting the flu vaccine before Christmas



## SEX

Sex, like any other form of physical exercise, can be a trigger for people with asthma, but you can still have your romantic Christmas.

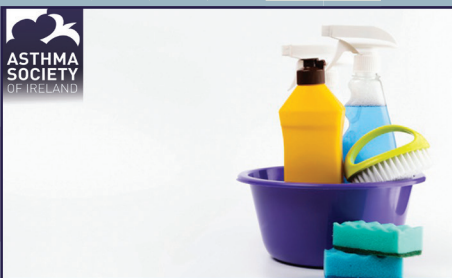
- Try to have your asthma medication close by
- If asthma symptoms occur during sex do not be afraid to stop and use your inhaler



## CIGARETTE SMOKE

Cigarette smoke during nights out over the Christmas will be a problem for people with asthma.

- Do not smoke if you have asthma
- Do not allow anyone to smoke in your house
- Avoid second hand smoke whenever possible



## CLEANING PRODUCTS

Many people will clean their house before or after the Christmas holidays.

- Use natural cleaning agents such as lemon and water