

Asthma and Natural Disasters



Natural disasters can happen at anytime. Be prepared to keep your asthma under control.

Before a Disaster

- Stay up to date on weather events
- Stock up on supplies, including:
 - At least a 3-day supply of asthma medications
 - Copies of important documents, like asthma action plans, insurance cards and immunization records
 - Supplies to clean up after the storm, like asthma-friendly natural or “green” cleaners, N95 respirators, goggles, protective gloves, and waterproof boots
- Learn ways to reduce or cope with stress that work for you. Stress can be a trigger for asthma



During a Disaster

- Avoid common asthma triggers during the disaster
 - Wash hands properly
 - Avoid exposure to mold, dust, and other triggers
 - Avoid stress or identify ways to cope with it
- Follow your asthma action plan
- Know how to use your medications



After a Disaster

- Practice good hygiene, especially proper hand washing
- Avoid areas with mold growth. Learn how to recognize mold and clean it up safely