

Management of Aggravating Environmental Factors

Action Plan Part II



Environmental Factors



Indoor pollutants

- cigarette smoke, household cleaning products, strong odours, dust



Outdoor pollutants

- exhaust fumes, gas fumes, smog

Try to avoid these pollutants if at all possible

For more information:

The Canadian Lung Association: www.lung.ca or
1-866-717-2673

Environmental Factors



Emotions

- anger, anxiety, stress

Exposure Avoidance & Reduction

- If you are stressed or anxious, talk to your support people
- Practice breathing and relaxation techniques

Environmental Factors



Changes in temperature

- extreme heat or cold, wind, humidity

Cold Weather

- Dress warmly
- Cover your face with a scarf or a mask
- Use your inhaler before cold exposure
- Avoid overheating your house

Hot Weather

- Stay in an air conditioned room
- Drink plenty of water
- Avoid strenuous activities
- Wear light clothing & a hat
- Take a cool bath or shower

Environmental Factors



Changes in temperature

- extreme heat or cold, wind, humidity

Home Maintenance

1. Keep home humidity to 40-50%. Use humidifiers or dehumidifiers as necessary.
2. Maintain your air conditioning, ventilation and heating systems properly.
3. Change and clean all filters regularly, consider an air exchanger.
4. Avoid using fireplaces or wood heating, keep them properly maintained if you must use them

Environmental Factors



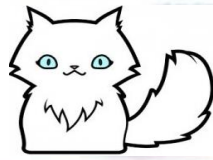
Respiratory infections

- cold, flu, bronchitis, pneumonia

Exposure Avoidance & Reduction

- Avoid people who have an infection
- Wash your hands often
- Keep your lungs clear of mucus
- Get your flu shot & ask about a pneumonia vaccine

Environmental Factors



Allergens

Pollens, molds, animal dander, dust

Exposure Avoidance & Reduction

- Avoid outdoors when pollen levels are high
 - Check the weather channel for pollen reports
- Keep your living area clean, dry and pet-free

Management Strategies

If you cannot avoid aggravating factors

- Reduce your exposure
 - Limit your exposure time
 - Wear a mask
- Use your reliever medication
 - 20 minutes before exposure
- Use your breathing, relaxation and body position techniques
- Follow your Action Plan

Respiratory Masks

There are a wide variety of masks available

Different masks may be more appropriate for different tasks:

There are masks to filter particles or masks to block weather elements (Ex. cold wind)

Masks may be uncomfortable in a normal indoor setting, but may be more beneficial when faced with an environmental trigger.



<https://lung.healthdiary.ca/Guest/Product.aspx?IDS=B8sXO%2basFXaFCG7ZSeRGPA%3d%3d>

Air Quality

www.lung.ca or 1-866-717-2673 for more info

- Indoor air quality
 - At home, work, school
 - Scents, carbon monoxide, radon
- Outdoor air quality
 - Residential wood burning
 - Smog and other pollutants

The weather channel for pollen reports

Follow your Action Plan

- Contact List
- I feel well
- I feel worse
- I feel much worse
- I am in danger



- Using strategies to avoid or reduce your exposure to aggravating factors will reduce the irritation on your lungs and minimize your symptoms
- Your Action Plan will guide you when your symptoms do develop

Can you differentiate between shortness of breath from an environmental factor vs. a respiratory infection?

Reflection Activity

Do you know what factors aggravate your lung condition?



1. Over the next few days, see if you can identify any aggravating factors you are exposed to
2. What techniques can you use to avoid or reduce exposure?