

Managing Asthma around Fireworks and Campfires



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Asthma is a chronic inflammatory disease that affects the lungs, causing airways to narrow and swell, making breathing difficult. Common asthma symptoms can include coughing, wheezing, shortness of breath, and chest tightness. During the summer, when individuals participate in activities like fireworks and campfires, it's important to remember that these activities can pose serious risks for those with asthma. Smoke from fireworks and campfires is a common asthma trigger and can irritate and inflame airways, increasing the risk for an asthma attack. While avoiding these activities may not be possible, there are steps individuals and communities can take to reduce risks. **Click or scan each QR Code for links to helpful resources.**

Asthma in the Summer

Summer can bring unique challenges to individuals with asthma, but it should not stop anyone from enjoying the season. The American Lung Association offers resources to keep asthma under control so individuals can stay active and safe during the summer.



Asthma and Warm Weather

Hot and humid weather, as well as warm weather activities like sports and camping, can cause individuals with asthma to have an increase in asthma symptoms. The Allergy and Asthma Network dives in to explain the causes of asthma in the summer and how flare-ups can be avoided.



Dangers of Fireworks on Lung Health

During the summer many individuals celebrate with a fireworks show. For individuals with asthma, these shows can pose risks to their health. The American Lung Association explains the hidden dangers that come with fireworks and how to protect yourself.



Asthma Triggers and Independence Day

With summer, comes Independence Day and for individuals with asthma there are many triggers that can arise. The Asthma and Allergy Foundation of America highlights asthma triggers that individuals with asthma should be aware of, and how they can be avoided.



Alternatives to Fireworks

As mentioned before, fireworks pose a risk to individuals with asthma and can cause asthma symptoms to arise. In order to continue to celebrate and keep individuals and their families safe, there are alternatives to fireworks.



Asthma Action Plan

The Allergy and Asthma Network provides asthma action plan templates in multiple languages and literacy levels. Individuals should work with a healthcare provider to develop their personalized treatment plan to understand what to do for their asthma symptoms.



Asthma Travel Pack

Frequently, summer activities include camping and traveling. For individuals with asthma, putting together an Asthma Travel Pack can create an easy and accessible place for medications and instructions when you are away from home.



Do-It-Yourself Air Cleaner

Fireworks and Campfires cause poor air quality, which can trigger asthma symptoms. The Environmental Protection Agency provides cost-effective and accessible alternatives to commercial air filters using just a box fan and a high-efficiency home air filter. This DIY air cleaner creates a simple air cleaning system protecting individuals from harmful air quality levels.



Make-Ahead S'mores

Along with campfires, s'mores making is an outdoor activity staple. With the alternatives to campfires, make-ahead s'mores can allow individuals with asthma to enjoy the popular sweet treat without being exposed to the smoke from campfires.



Do-It-Yourself Fake Campfire

An option for campfire alternatives can include a do-it-yourself campfire that can also be safely set up indoors. This alternative avoids both smoke and fire, which can pose a risk to those with asthma.



Campfire Safety

If campfires are unavoidable for individuals with asthma, it is important to understand the risks it can pose for maintaining asthma control and recognize safety tips that can protect your lungs from danger.



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For more information on asthma:

www.asthma.in.gov

