

Asthma and Summer Heat



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As temperatures rise, it is important for people with asthma to prepare for seasonal challenges. Increased outdoor activities, higher humidity levels, and rising temperatures all contribute to more frequent asthma symptoms. Due to the heat, summer also brings increased levels of air pollution and ozone, which are common asthma triggers. **Click or scan each QR code for links to helpful resources.**

Public Cooling Stations

During the summer heat, individuals without access to air conditioning at home can benefit from the use of publicly available cooling stations, often found at libraries and community centers. Through Indiana 211, cooling station locations can be found throughout the state.



Affects of Humidity

High levels of humidity can trigger asthma, presenting symptoms and increasing the risks for asthma attacks. Appropriate use of a dehumidifier to maintain indoor humidity levels between 30-50% can protect individuals with asthma. Learn more about how humidity can affect asthma for better asthma management.

Importance of Hydration

Staying hydrated is important for all individuals during periods of high temperatures, as it assists in the regulation of body temperatures. For individuals with asthma, staying hydrated can assist in the thinning of mucus in the lungs making it easier to breathe.



Asthma Medication and Power Outages

Storms can be more frequent with high temperatures present, which can lead to an increased number of power outages. To prepare individuals with asthma and their families, it is recommended to keep an emergency supply of asthma medications, including quick-relief or rescue inhalers in case asthma symptoms arise.

Cooling Homes

During high temperatures, indoor temperatures inside homes can increase and become difficult to maintain. The American Lung Association provides several strategies to help protect homes and the people inside them, from the heat.



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For additional information on asthma:

www.asthma.in.gov

