

# Winter Weather & Lung Health

Changes in weather can have a huge impact on people suffering from lung disease. Any drastic or sudden change in weather can trigger symptoms of the lung. Cold and dry weather can be especially difficult to fair for people suffering from lung disease. Dry, cold air can irritate airways triggering a series of symptoms including wheezing, coughing and shortness of breath.

While it is true that nobody can control the weather, if you or someone you love suffers from lung disease, they can take precautions before engaging in outdoor activities that may exaggerate or trigger symptoms. Some of these precautions include:

- 1. Practice breathing in through your nose and out through your mouth during cold weather.**
- 2. Loosely wrap a scarf around your nose and mouth to warm the air before it enters your lungs.**
- 3. Be proactive in taking prescribed medications and if you have asthma or COPD keep quick relief medications on hand at all times.**
- 4. Avoid exercising or carrying out strenuous activities outdoors, and if you must engage in activities outdoors, communicate with others as to where you will be in case you experience symptoms.**
- 5. Take precautions to prevent the spreading and contracting of colds, flu and pneumonia.**

## STUDENT ACTIVITY

Do some research and create a comic that describes best practices for someone with lung disease during cold weather. Be sure to include instructions on how to avoid spreading colds, flu and pneumonia. **IMPORTANT:** Don't forget to cite your sources at the bottom of your comic.

**Mail your entry by April 30, 2017 and be entered to win:**

Newspapers in Education

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**You will be entered into a drawing to win a \$250.00 Visa Gift Card.**

**If you win, we will send your teacher a \$500 Visa Gift Card.**

### ENTRY FORM

Student Name: \_\_\_\_\_

Student/Guardian Phone: \_\_\_\_\_

Guardian Email: \_\_\_\_\_

Teacher Name: \_\_\_\_\_

Teacher Email: \_\_\_\_\_

School Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

**must be completed for valid entry**



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