Stay hydrated—drink plenty of water before, during and after exercise.

Know the pollen count—weed and grass pollens can be high during the summer.

Pay attention to air quality—consider moving outdoor activities indoors or to the morning time on bad air quality days.

Be aware of humidity—molds and dust mites thrive when the air is moist.

Get your school health paperwork filled out and keep a copy of your asthma action plan with you.

Prevent 15 to 20 minutes before exercise and stay active.

Take your controller medicines every day—even when you’re feeling well.

Be careful around any type of smoke—whether from barbecues, campfires or cigarettes.

Visit choa.org/asthma to learn more.