Hot weather can be a challenge for everyone, but it may cause additional burdens for people with chronic respiratory diseases. Hot weather makes it harder for your body to cool off and requires extra oxygen to do so. It is important to control moisture and humidity in your home and aim to keep the humidity at

30-50%. Putting a humidifier in your bedroom or other areas of your home can drastically improve the quality of your breathing.

Top 5 Ways to Stay Cool

1. **Keep cool and stay in an air-conditioned area.** If you need to run errands, do it in the early morning or late evening when it is cooler. Avoid being out in the hottest part of the day.

2. **Stay hydrated.** Drinking lots of water can help you regulate your body temperature. Also, hydrating keeps mucus thin, making it easier to clear your lungs and airways.

3. **Read the weather forecast and air quality report.** Do this daily. Avoiding smog and excess humidity in the summer is critical to your health.

4. **Keep your cool if the power goes out.** Determine if you are the only one without power. If you are, check the fuse box. Reset or replace fuses if necessary. If the problem is widespread, contact the power company for an estimate of the outage. Stay in the coolest part of the house. Stay hydrated. If the outage is prolonged, go to a facility or residence with power.

5. **Stay connected.** Have a friend or relative check on you if you live alone. If you develop or are unable to control symptoms of nausea, weakness, dizziness, shortness of breath, call your medical provider, or with worsening severe symptoms, call 911.