



# SUMMER HOLIDAY

## Asthma and allergies checklist



### ✓ Visit your GP

- Review asthma action plan
- Check your asthma
- Get prescription medication

### *Before your trip*

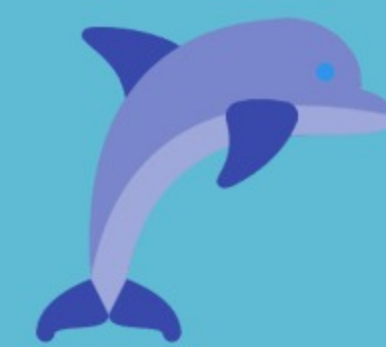


- ✓ Prescriptions
- ✓ Inhalers
- ✓ Spacer (if needed)
- ✓ Peak flow meter
- ✓ Allergy medication

### *Things to bring*

- Cold air
- Smoke (from barbeques or wood fire)
- Cat allergens
- Dust mites
- Temperature and weather changes
- Food and drink
- Physical activity

### *Be aware of triggers*



Don't forget to take enough medication to last the whole trip. Set a silent alarm on your phone each day as a reminder, if you take preventer medication. See 'Triggers in Asthma' resource at [asthmaandrespiratory.org.nz](http://asthmaandrespiratory.org.nz) for more information.