

Smoking and Asthma

If you or someone you know has asthma, it is important that you know smoking can make asthma worse. Smoking is a common trigger for asthma symptoms. In some instances if the smoke is removed the person no longer has any problems with their asthma. If you smoke, it is critical that you stop.

Tips to help you stop smoking:

- Make every effort to stop – even if it is hard for you, keep trying!
- Ask your doctor about medicines to help you quit smoking.
- Use the Indiana Tobacco Quitline: **1-800-QUIT-NOW (800-784-8669)**.
- Create a quit plan.
- Set a quit date.
- Enroll in a quit-smoking class or program.
- Find out what makes you want to smoke. Plan on how to avoid what makes you want to smoke. Plan how you might deal with those things that make you want to smoke differently.
- Stay away from others who smoke. Encourage them to stop smoking too. Quit smoking together.

Secondhand smoke

Smoke from other people who smoke can also make asthma worse. If you have a child with asthma, keep him or her away from secondhand smoke! Make sure your child is not exposed to smoking at daycare or with other caregivers.

Ask people not to smoke around you

Tell friends and family that smoking makes your asthma worse. It can be hard to do this. But if you have asthma, it is important to let people know how cigarette, cigar or other smoke puts you at risk.

- Many people don't know that smoke puts persons with asthma at risk.
- Suggest they smoke outdoors. Taking it outside is often the easiest solution.

Source: 2017 GINA Report, Global Strategy for Asthma Management and Prevention