

Asthma & Sports

For Athletes and Parents



Important things to know and do

You CAN play sports if you have controlled asthma. Create an asthma action plan with your health care provider. This plan will help those around you know what to do if you have an asthma flare-up.



Keep your updated asthma action plan on file at the school and share it with each coach before the start of the season. This plan will let them know what to do if you have an asthma flare-up.



Bring your quick-relief inhaler to every practice and game. Keep it handy at all times. If told by your doctor, use the inhaler before you start playing.



Be sure to keep your inhaler in a safe place where it won't get damaged by extreme temperatures. An inhaler could freeze or over-heat depending on the time of year. This will help make sure it still works when you need it.



Keep an eye on weather and air quality that could cause asthma flare-ups—like high humidity, smog, pollen levels, and rapid change in air temperature. To check the air quality index (AQI) in your area, visit [AirNow.gov](https://www.airnow.gov) or download the AirNow app.



Always tell the coach right away if your asthma gets worse and follow your asthma action plan exactly.

Find out more at
maine.gov/dhhs/asthma

