



Mission In Motion

Health & Wellness Weekly Bulletin

October 2012—Healthy Lungs



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Planes, trains and automobiles

If you have allergies, you may want to plan ahead before traveling since the climate at your destination may be different from where you live. Keep these tips in mind:

- Plan to travel in the early morning or late evening when the air quality is better.
- Keep your car windows closed and use the air conditioner if needed.
- Find indoor activities to keep you busy on windy days when dust and pollen are more likely to be in the air.
- Take a shower after spending time outside to wash away pollen that may collect on your skin and hair.
- When in your lodging, turn on the air conditioner instead of opening up windows.

Source: Asthma and Allergy Foundation



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