



## **Breathing Easier: Air Quality Concerns in Springtime**

Ah, spring! The season is literally in full bloom, with colorful flowers and budding trees outside every window. While spring can be beautiful to look at, the extra pollen and growing plants can leave you sneezing or battling other respiratory concerns. If your aging loved one is living with a diagnosis that further compromises their respiratory system, try a few of our tips for making sure your loved one continues to breathe easy throughout the upcoming season.

### ***Switch the air filter***

Start your quest for quality air inside before heading out to battle the elements. Use this time as a reminder to switch out the air filter in your loved one's home or apartment.

### ***Watch the pollen counts***

Often, you can check the pollen counts daily on the news or online. If pollen counts are considered high, it might be wise to limit your loved one's time outdoors for the day, especially if asthma or other breathing complications are a concern.

While we love getting outside and breathing the fresh air, if that fresh air is full of pollen, it might do more harm than good in the long run. Skip too much outdoors time on high pollen

count days, opting to get out and about on lower count days instead.



### ***Watch the wardrobe***

When it comes to breathing easy, sometimes pollen or other springtime irritants aren't the issue. In fact, sometimes an unpleasant breathing experience can come from a wardrobe issue. Be sure that your loved one is not squeezing into a too-tight jacket or blouse that could constrict their chest or abdomen.

***Take time to stop***

If you are spending time outside with your loved one, be sure to schedule in rest breaks. Whether taking a stroll or planting the garden in the backyard, stop and rest every half hour or so. Visit a bit about your project, enjoy a glass of water, or simply enjoy the weather without exerting yourself. Rest breaks can do wonders in helping to keep your loved one breathing easier, and can allow for longer time outdoors doing an enjoyable hobby together.

If your loved one is finding that household chores or other tasks are causing periods of breathlessness or anxiety, our Angels would love the opportunity to lighten their load. We can provide help with tasks or simply by being a friendly companion. [Call our office](#) to find out how we can best help your loved one breathe easier this season!

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