

Breathe comfortably

In colder climates, cold, dry air can irritate the airways and lungs.

When you are outside in cold weather, wear a scarf and try to breathe through your nose.

Don't let indoor air drop below 64 degrees. Regularly use a nasal saline spray or gel. If you have pre-existing lung conditions, such as asthma, avoid using any wood-burning fireplaces in the winter. The smoke from the fire may also irritate your nasal passages. And, stay on top of your medication regimens.

Be More Earth-Friendly

When it gets cold outside, bring your plants inside! Find a sunny spot in a well-lit area of your house. Only water indoor plants when the soil feels dry and avoid placing them near air vents.

