

Love & Lungs

Navigating Dating and Relationships with Asthma



#AskAboutAsthma Week 2024

The Dating Dilemma



Date Night Tips

- 1. Choose asthma-friendly venues (e.g., smoke-free, pet-free)***
- 2. Carry your reliever inhaler***
- 3. Plan activities that won't trigger symptoms***
- 4. Be open about your needs***



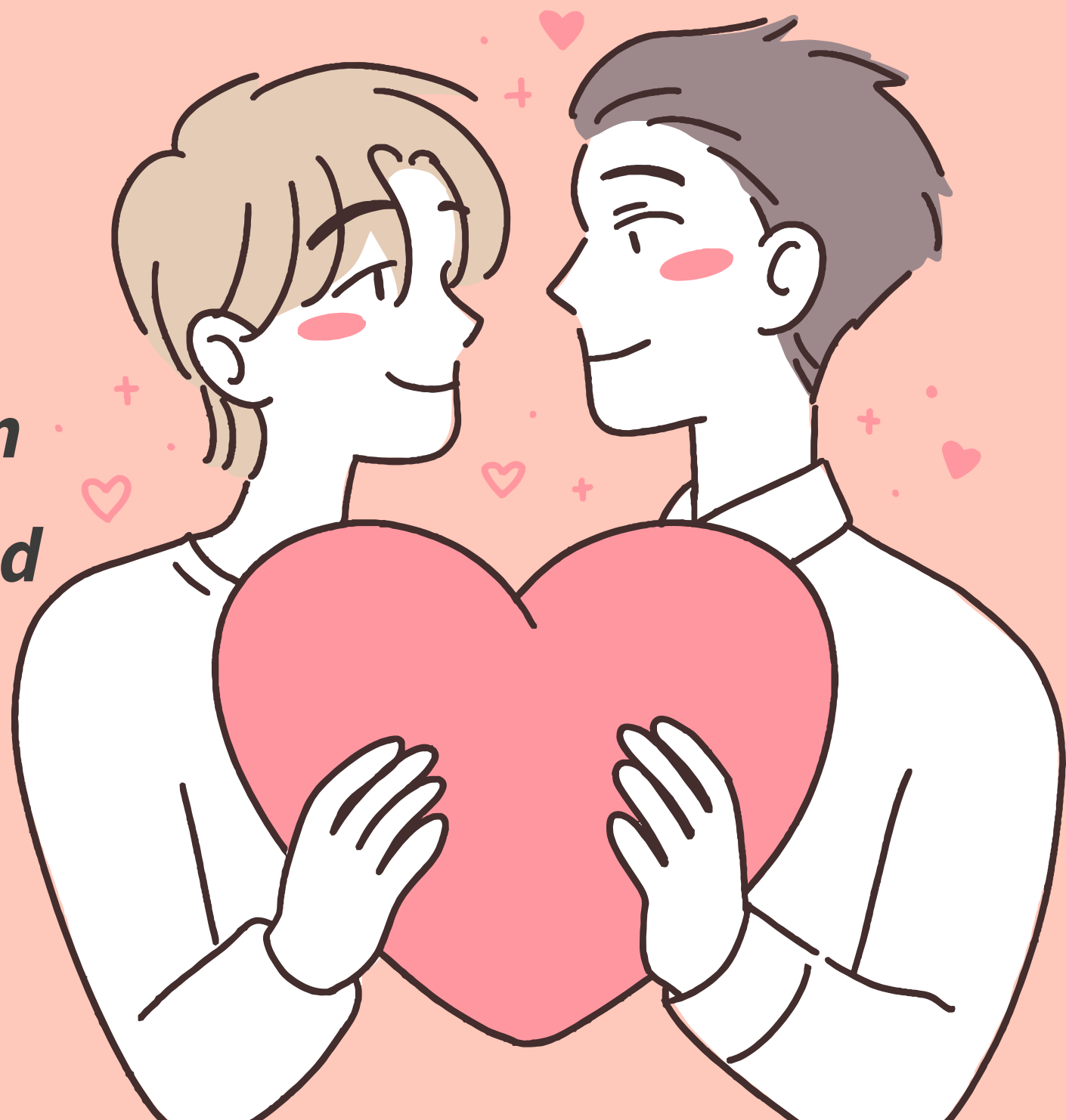
Intimacy and Asthma

- *Communicate openly with your partner*
- *Use hypoallergenic bedding and products*
- *Keep inhalers within reach*
- *Encourage their involvement in your asthma management*
- *Prioritise each other's safety and well-being*



Educating Your Partner

- *Explain your triggers and symptoms*
- *Show them how to use your inhaler*
- *Discuss your asthma action plan*
- *Encourage them to learn first aid for asthma attacks*



Remember...

- *Your asthma doesn't define you*
- *The right person will understand and support you*
- *Self-care isn't selfish - it's necessary*
- *You deserve love and happiness!*

