# Asthma Awareness Month Sample Social Media

Help spread the word about Asthma Awareness Month this May by sharing the asthma messages below or writing your own! Use the hashtags **#asthma**, **#AsthmaAwarenessMonth**, and/or **#WorldAsthmaDay**, and tag [@EPA](https://twitter.com/EPA) and/or [@EPAair](https://twitter.com/EPAair).

You can find infographics to pair with each of the “Take Control of Asthma Trigger” social media posts online at <https://www.epa.gov/asthma/asthma-awareness-month>.

**Sample Social Media by Theme**

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## Asthma Awareness

| Theme | Twitter | Facebook |
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| **Asthma Awareness Month** | May is #AsthmaAwarenessMonth! #Asthma affects the quality of life for over 24 million Americans and their families. Join us this month to help raise awareness by sharing and learning ways to help manage asthma and asthma triggers. <https://www.epa.gov/asthma>  | May is #AsthmaAwarenessMonth! #Asthma affects the quality of life for over 24 million Americans and their families. Join us this month to help raise awareness by sharing and learning ways to help manage asthma and asthma triggers. <https://www.epa.gov/asthma> |
| **World Asthma Day** | May 3rd is #WorldAsthmaDay! Planning to have an event or activity to raise #asthma awareness?Get national visibility for your event by posting it on AsthmaCommunityNetwork.org. <https://asthmacommunitynetwork.org/>  | May 3rd is #WorldAsthmaDay! We want to know what events and activities you have planned to help raise #asthma awareness. Post your plans to the AsthmaCommunityNetwork.org to spotlight your event on a national stage. <https://asthmacommunitynetwork.org/> |

## Learn about Environmental Asthma Triggers

| Theme | Twitter | Facebook |
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| **Develop an Asthma Action Plan** | Develop a plan. Environmental factors can trigger or exacerbate #asthma symptoms. Work with a health professional to develop an asthma action plan to control asthma triggers in your environment. #AsthmaAwarenessMonth<https://www.epa.gov/asthma/asthma-action-plan>  | Develop a plan. Environmental factors can trigger or exacerbate asthma symptoms. Work with a health professional to develop an #asthma action plan to control asthma triggers in your environment. #AsthmaAwarenessMonth<https://www.epa.gov/asthma/asthma-action-plan> |
| **Improve Ventilation** | Did you know that using a portable air cleaner with a HEPA filter can help reduce #asthma triggers like wood smoke and pet allergens? #AsthmaAwarenessMonth<https://www.epa.gov/indoor-air-quality-iaq/air-cleaners-and-air-filters-home> | Did you know that air filters in your HVAC system can help reduce #asthma triggers in your home? Some tips for #AsthmaAwarenessMonth: 1) Use higher efficiency filters, rated at least MERV 13 or as high as your system can accommodate 2) Replace filters according to manufacturer’s recommendations 3) Have a professional inspect your HVAC system annually. <https://www.epa.gov/indoor-air-quality-iaq/air-cleaners-and-air-filters-home> |
| This #AsthmaAwarenessMonth, use source control, improved ventilation, and air filtration to reduce #asthma triggers in the home. Learn how! <https://www.epa.gov/indoor-air-quality-iaq/improving-indoor-air-quality>  | Three steps for reducing indoor #asthma triggers: reduce, ventilate, and filter! 1) Use source control to remove or reduce triggers in the home. 2) Increase ventilation by opening windows or using exhaust fans. 3) Use higher efficiency air filters in your HVAC system, rated at least MERV 13 or as high as your system can accommodate, or consider using a portable air cleaner with a HEPA filter. Want to learn more?#AsthmaAwarenessMonth<https://www.epa.gov/indoor-air-quality-iaq/improving-indoor-air-quality> |
| **Know Your Asthma Triggers** | Know your #asthma triggers! Indoor allergens and irritants play a significant role in causing, triggering, or exacerbating asthma symptoms. #AsthmaAwarenessMonth<https://www.epa.gov/asthma/asthma-triggers-gain-control>  | Know your #asthma triggers! Americans spend up to 90% of their time indoors; indoor allergens and irritants play a significant role in causing, triggering, or exacerbating asthma symptoms. #AsthmaAwarenessMonth<https://www.epa.gov/asthma/asthma-triggers-gain-control>  |
| **Take Control of Asthma Triggers** | Cockroaches and other pests can trigger #asthma—take control by keeping your home clear of crumbs and dirty dishes, and store food in airtight containers. When using a pesticide, follow directions. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control)  | Cockroaches and other pests can trigger #asthma—take control by keeping your home clear of crumbs, dirty dishes, and store food in airtight containers. When using a pesticide, follow directions. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control)  |
| Chemical irritants like cleaning products can trigger #asthma, so follow label directions and ventilate with open windows, doors, or exhaust fans. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) | Chemical irritants like cleaning products can trigger #asthma, so be sure to follow label directions, and ventilate with open windows, doors, or exhaust fans. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) |
| Dust mites can trigger #asthma—take control by using dust covers on pillows and beds, washing bedding weekly, cleaning household dust with a damp cloth, and using a vacuum with a HEPA filter. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) | Dust mites can trigger #asthma—take control by using dust covers on pillows and beds, washing bedding weekly, cleaning household dust with a damp cloth, and using a vacuum with a HEPA filter. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) |
| Take control of #asthma triggers like mold. Clean up visible mold, control moisture, and maintain humidity between 30-50%. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) | Take control of #asthma triggers! Clean up visible mold, control moisture, and maintain humidity between 30-50%. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) |
| Pet dander can trigger #asthma—take control by keeping pets away from bedrooms, furniture, and carpet. Use vacuums and air cleaners with a HEPA filter. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) | Pet dander can trigger #asthma—take control by keeping pets away from bedrooms, furniture, and carpet. Use vacuums and air cleaners with a HEPA filter. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) |
| Nitrogen dioxide, a gas produced when burning fuels like gas, kerosene and wood, can trigger #asthma—take control by using vented combustion appliances. Also ensure they are properly installed and maintained. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) | Nitrogen dioxide, a gas produced when burning fuels like gas, kerosene and wood, can trigger #asthma—take control by using vented combustion appliances. Also ensure they are properly installed and maintained. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) |
| Outdoor air pollution can trigger #asthma—take control by checking the Air Quality Index on local weather reports or at epa.gov/airnow and limit time outside until air quality is better. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) | Outdoor air pollution can trigger #asthma—take control by checking the Air Quality Index on local weather reports or at epa.gov/airnow and limit time outside until air quality is better. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) |
| Secondhand smoke can trigger #asthma—take control by establishing smoke free rules in your home and car. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) | Secondhand smoke can trigger #asthma—take control by establishing smoke free rules in your home and car. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) |
| Wood smoke can trigger #asthma—take control by having stoves and chimneys inspected yearly, replacing old wood stoves with EPA certified stoves, and burning wood that’s split, dried, and properly stored for at least 6 months. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) | Wood smoke can trigger #asthma—take control by having stoves and chimneys inspected yearly, replacing old wood stoves with EPA certified stoves, and burning wood that’s split, dried, and properly stored for at least 6 months. #AsthmaAwarenessMonth [www.epa.gov/asthma/asthma-triggers-gain-control](http://www.epa.gov/asthma/asthma-triggers-gain-control) |

## Join the Asthma Community Network

| Theme | Twitter | Facebook |
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| **Financing In-Home Asthma Care** | #DYK Asthma Community Network provides resources focused on delivering and paying for in-home #asthma care? Learn more about financing in-home asthma care. #AsthmaAwarenessMonth<https://www.asthmacommunitynetwork.org/Financing> | Did you know the Asthma Community Network provides resources focused on delivering and paying for in-home #asthma care? Find more information about financing in-home asthma care, particularly in underserved communities! #AsthmaAwarenessMonth<https://www.asthmacommunitynetwork.org/Financing> |
| **Join the Asthma Community Network** | Are you a community-based #asthma program? Join the Asthma Community Network to talk to other practitioners, access the extensive resource bank, and watch archived webinars! #AsthmaAwarenessMonth<https://www.asthmacommunitynetwork.org/>  | Are you a community-based #asthma program? Join the Asthma Community Network to talk to other practitioners, access the extensive resource bank, and watch archived webinars to help develop a comprehensive home visit program! #AsthmaAwarenessMonth<https://www.asthmacommunitynetwork.org/>  |

## Learn about the National Environmental Leadership Award in Asthma Management

| Theme | Twitter | Facebook |
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| **Find Award Winners Near You** | #DYK every year @EPA honors exceptional health plans, health care providers, and communities taking action to promote environmental #asthma management? Find National Asthma Award winners near you! #AsthmaAwarenessMonth<https://www.epa.gov/asthma/national-environmental-leadership-award-asthma-management>  | Every year EPA honors exceptional health plans, health care providers, and communities taking action to promote environmental #asthma management through the National Environmental Leadership Award in Asthma Management. Celebrate this year’s winners and find previous winners near you! #AsthmaAwarenessMonth<https://www.epa.gov/asthma/national-environmental-leadership-award-asthma-management> |

## Find Asthma Resources

| Theme | Twitter | Facebook |
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| **Resources for Kids** | Jam out to catchy tunes from the Breathe Easies, and learn how to prevent #asthma triggers! #AsthmaAwarenessMonth<https://noattacks.org/breathe-easies>  | Check out the Breathe Easies, the world's most famous #asthma rock band! View all their catchy tunes to learn how to prevent indoor asthma triggers. #AsthmaAwarenessMonth<https://noattacks.org/breathe-easies> |
| **Resources for Healthcare Professionals** | #DYK management of environmental #asthma triggers improves quality of life for patients? Find resources for healthcare professionals. #AsthmaAwarenessMonth<http://www.epa.gov/asthma/resources-about-asthma> | Did you know that managing of environmental #asthma triggers improves quality of life for patients? Find resources for healthcare professionals. #AsthmaAwarenessMonth<http://www.epa.gov/asthma/resources-about-asthma> |
| **Resources for Parents** | Breathe easier! @EPA has all the resources your family needs to make your home #asthma friendly. #AsthmaAwarenessMonth<http://www.epa.gov/asthma/resources-about-asthma>  | Breathe easier! We have all the resources your family needs to make your home #asthma friendly. #AsthmaAwarenessMonth<http://www.epa.gov/asthma/resources-about-asthma> |
| **Resources for Schools** | Every year #asthma keeps American children out of school for 13.8+ million days. Here's how you can reduce asthma at your school. #AsthmaAwarenessMonth<https://www.epa.gov/asthma/asthma-improving-health-communities-and-schools>  | 5.5 million American children have #asthma—it's vital that schools have all the facts about managing asthma triggers. Learn what you can do to help reduce asthma, boost student attendance, and create a healthier classroom environment. #AsthmaAwarenessMonth<https://www.epa.gov/asthma/asthma-improving-health-communities-and-schools> |