Treatment is usually with:
- A short course of prednisolone (steroid) tablets when you have a ‘flare-up’ of ABPA.
- Antifungal medicines, taken by mouth for difficult to treat ABPA or active CPA.
- Your normal inhalers.
- Intravenous (IV) antifungals if needed.

Avoidance of Aspergillus spores:
- They are everywhere, so this is hard to do!
- Wear a mask with an FFP3 filter when gardening to avoid inhaling excessive amounts of fungal spores. There are larger concentrations in rotting leaves, plants, compost and mulch.
- Regular vacuuming (with HEPA filter) to remove dust from your house helps, as Aspergillus spores collect in these particles.
- Don’t dry clothes on radiators, as this puts lots of moisture into the air, encouraging mould growth. Dry clothes outside or in tumble dryers with an outdoor vent.
- Open windows wide after baths and showers to reduce moisture, keeping the door closed.
- Ventilate your house well, to avoid condensation forming. Wipe wet windows.
- Use anti-allergy pillow protectors and bedding.

Support groups:
- Visit www.aspergillosistrust.org/groups/
- Facebook – search Aspergillosis.
- Local support groups that meet up in coffee shops and other venues.
- Good places to discuss symptoms to see if they are a ‘normal’ daily part of living with Aspergillosis, or whether you need to seek advice from your doctor.
- www.aspergillosis.org

Tips to remember:
- Everybody is different so if one person has a certain symptom, it doesn’t mean that you will also have it.
- It’s best not to compare yourself with others, as you may not have the same outcome.
- Be guided by your specialist(s) as they know your case best.
- Different people experience the condition to differing degrees. Some find it hardly affects their daily activities, certainly in the early stages, whilst others can find it more incapacitating.
- Try and make the most of what you are able to do and enjoy that, rather than focussing on what you are unable to do.

You are not alone!

There is support at: WWW.ASPERGILLOSISTRUST.ORG

Aspergillosis is a fungal lung infection causing:
- Allergic reactions making it difficult to breathe. This is called allergic bronchopulmonary aspergillosis (ABPA).
- Or lung damage (erosion of lung tissue) from fungal (Aspergillus) infection. This reduces lung function, also making it difficult to breathe. This form is called chronic pulmonary aspergillosis (CPA).
- Long-term illness, but it’s manageable with the right treatment.

Where do Aspergillus (fungal) spores come from?
- Rotting leaves, plants, compost and mulch.
- Damp rooms, houses or buildings.
- Building or demolition work dust.
- Air, soil and water.
- Household dust.
- Pillows.