Protect Yourself: Hops and Your Health

Hop dust can cause asthma, shortness of breath, and skin rash

If you feel short of breath around hops:

• Tell your employer and see a doctor
• If you continue to work with hops, your breathing may get worse
• Medicine from a doctor (not a store) can help

If you had breathing problems during last year’s harvest:

• See a doctor before this year’s harvest
• Consider harvesting a different crop

For more information: Contact the SHARP Program, 1-888-667-4277 or Carolyn.Whitaker@Lni.wa.gov SHARP Publication # 42-02-2015