



ASTHMA

The airways of people with asthma are extra sensitive to allergens and other irritating things in the air.

Asthma Attack Triggers

Air pollution

Pollen 

Aspirin / Ibuprofen

Sinus Infections

Temperature changes

Some foods

Dust 

Spray on Deodorant

Exercise

Strong Emotions

Heartburn

Pets 

Mold

Tobacco Smoke 

Perfume 

Viruses

Asthma Medicines

Inhaled
bronchodilators

Can be used on a regular
basis or only as needed

Corticosteroids and
Antileukotrienes

Taken regularly with or
without symptoms

***Warning signs of an asthma attack ***

Coughing or wheezing

Shortness of Breath

Tightness in the chest



Get help right away if:

*Your rescue medicine doesn't relieve your symptoms

*Your fingernails or lips turn gray or blue

*You have trouble walking or talking

*You have extreme difficulty breathing

*Your neck, chest or ribs are pulled in with each breath

*Your nostrils flare when you breathe

ALLERGIES

You have an allergy when your body overreacts to things that don't cause problems for most people.

Common Allergy Symptoms

Hives

Watery eyes

Runny nose,
sneezing, congestion

Itchy nose, eyes
and roof of mouth

Dark circles
under the eyes

Pressure in the nose
and cheeks

Ear fullness
and popping



Common allergens

Pollen



Mold

Pet Dander

Smoke

Allergy Relief Medicines

Antihistamines



Eye drops

Decongestants

Nasal spray

It's not easy to avoid most allergens. Try to figure out what allergens cause problems for you and then stay away from them as much as possible.

Talk to your doctor for more information about Asthma and Allergies.

