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

Asthma Attack Triggers
- Air pollution
- Aspirin / Ibuprofen
- Temperature changes
- Dust
- Exercise
- Heartburn
- Mold
- Perfume

Asthma Medicines
- Inhaled bronchodilators
- Corticosteroids and Antileukotrienes

Can be used on a regular basis or only as needed
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
- Dark circles under the eyes
- Pressure in the nose and cheeks
- Ear fullness and popping
- Some foods
- Spray on Deodorant
- Strong Emotions
- Mold
- Tobacco Smoke
- Viruses
- Pet Dander
- Smoke

Common allergens
- Pollen
- Mold
- Smoke

Allergy Relief Medicines
- Antihistamines
- Decongestants
- Eye drops
- 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.