



**MAY 2021**

## 65 MILLION PEOPLE IN THE U.S. ARE AFFECTED BY ASTHMA AND ALLERGIES

May is one of the peak months for those suffering from asthma and allergies. Since the nose airways are connected to the lungs, one affects the other. More than 80% of people with asthma also suffer from allergies. When their nose is exposed to substances like dust mites, mold, and animal dander, it becomes inflamed. Inflammation can spread to the lungs making asthma worse or causing asthma to develop at a later time.



## ASTHMA & ALLERGY AWARENESS MONTH

### LIVING WITH ASTHMA



**The most common signs of asthma are difficulty breathing**, chest tightness, shortness of breath and wheezing and coughing, (especially at night, during exercise or when laughing).



**With treatment, most people with asthma can lead a normal life.** Create an asthma action plan with your doctor, take medications regularly and use your inhaler correctly.



**Check before taking other medicines** to see if it is suitable for someone with asthma.



**People with asthma may experience significant stress.** Asthma is a leading cause of work and school absences. Asthma can affect a person's livelihood, education, and emotional well-being.



**Stop smoking or avoid smokers** - it can significantly reduce how severe and frequent your symptoms are.



**Get a pneumonia and flu shot every year** to avoid illnesses that could trigger asthma attacks. Get a COVID-19 vaccine as soon as you are eligible.



# KNOW YOUR ASTHMA ZONES



## BREATHING IS GOOD

**SIGNS:** No cough, wheeze, chest tightness or shortness of breath during day or night. Can work, play, sleep.

**ACTION:** Take your long-term control medicine daily. You may need quick-relief medicine before you exercise.



## BREATHING IS GETTING WORSE

**SIGNS:** Cough, wheeze, chest tightness or shortness of breath during day or night. Can do some activities.

**ACTION:** Take your green zone medicine daily and add your quick-relief medicine. If you do not return to the green zone after one hour of treatment, refer to your asthma action plan and call your doctor. Using a rescue inhaler more often is a sign of worsening asthma.



## BREATHING IS DIFFICULT

**SIGNS:** You have any of these symptoms: breathing is hard and fast; nose opens wide; ribs show; can't talk well; can't do normal activities; medicine is not helping.

**ACTION:** CALL YOUR DOCTOR NOW! Go to the hospital or call an ambulance if you are still in the red zone after taking medicines as instructed by your doctor.

# ASTHMA & ALLERGY TIPS



## TREAT OTHER CONDITIONS

Flu, sinus infections, acid reflux disease, and sleep apnea make asthma harder to manage.



## WASH WEEKLY

Wash sheets, pillowcases, and blankets weekly in 130° F or hotter water to kill and remove dust mites.



## SCALE DOWN

Being overweight puts extra strain on your lungs. Talk to your Dr. for diet and exercise advice.



## EAT WELL BREATHE WELL

Eat five servings of fresh fruits and vegetables to improve lung health. Avoid saturated fats & fast food.



## MILK MYTH

Despite the common misconception, milk and other dairy foods don't cause or worsen asthma symptoms.



## ENJOY EXERCISE

Pay attention to the air. When it's allergy season or cold and dry outside, choose indoor exercise.