

Asthma and Allergies

Allergic asthma is the most common form of asthma. Certain types of allergens are known to produce, or trigger, asthma symptoms and attacks.



Common Triggers of Allergic Asthma

- Pollen
- Cockroaches
- Dust mites
- Mold
- Pet dander
- Certain foods
- Cleaning products, oils and fragrances

Steps you can take to reduce common triggers:

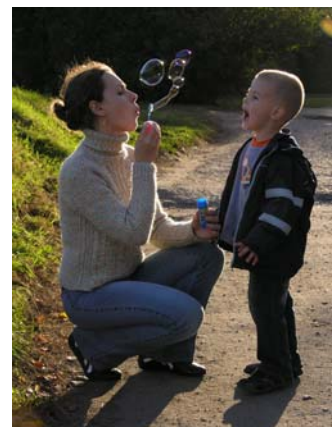
Indoors

- Dust, vacuum and wash bedding often to control dust mites
- Make sure your vacuum has a HEPA filter and wear a mask when cleaning
- Reduce pet dander by keeping pets out of the bedroom
- Shut windows and doors to reduce pollen
- Reduce mold spores by decreasing moisture in your home with dehumidifiers, air conditioners and fans

Outdoors

When the pollen count is high, keep these tips in mind to prevent outdoor allergies during peak season

- Stay inside during peak pollen times, usually between 5:00 a.m. and 10:00 a.m.
- Keep your car windows closed when traveling
- Stay indoors when humidity is high and on days with high wind, when dust and pollen are more likely to be in the air
- Wear a facemask if you are outside to limit the amount of pollen you inhale
- Shower after spending time outside to wash away pollen that collects on your skin and hair



If you are concerned with an increase in your asthma and allergy symptoms, contact your primary care provider or allergist for more information.