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## Allergies & Asthma

### Relief During Allergy Season

Allergy symptoms such as sneezing and red, itchy, watery eyes are common during the spring and summer months when plants are budding and blossoming outside. To get some relief during allergy season, consider the following recommendations:

- Stay indoors on the days when the pollen counts are high.
- Keep your home and office clean and dust free.
- Consider using a home air “cleaner,” and use a vacuum cleaner with double bags, allergen-trapping bags or a HEPA filter.
- Use allergen-proof encasements for pillows, mattresses and duvets.
- Avoid being around cats and dogs if animal hair or dander triggers an allergic reaction.

Contact your physician to learn more about the prescription and over-the-counter medications used to treat seasonal allergies.

### Asthma: Managing Your Condition

#### Symptoms

- Coughing that is often worse at night or early in the morning
- Wheezing (a whistling or squeaky sound when breathing)
- Chest tightness
- Shortness of breath
- Faster or noisy breathing
- Trouble breathing, especially at night and in the early morning

#### Treatment

- **Avoiding triggers:** Remove “dust catchers” from the bedroom; keep humidity levels in your home low; consider using an air filter in the bedroom; do not smoke cigarettes or spend time in environments where others are smoking; try changing your workouts.
- **Medication:** Use preventive (long-term control) and rescue (quick-relief) asthma medications; sometimes allergy medications and shots are recommended as well.
- **Self-management:** Create a plan for controlling asthma daily as well as an emergency action plan for stopping attacks.

Asthma affects millions of Americans, and nearly three-quarters of them also suffer from allergies. A doctor can diagnose both conditions to ensure that they both are treated effectively.

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