



Asthma  
Spring/Summer 2017

## Keep summer allergies under control

It's part of keeping your asthma under control: avoiding the things that can make your symptoms worse. When warm weather comes, pollen can fill the air — and also your nose and lungs.

In spring, tree pollens are high.

In summer, flowers and grasses are more of a problem.

If you live in a humid area or have a damp basement or shed, molds can be a problem.

### To breathe better this summer

You should have a plan to control your asthma triggers, including any allergies. Ask your doctor what you can do to feel better. These five ideas may help you too:

1. Take a shower after you've been outdoors.
2. Run the air conditioner and keep your home and car windows shut.
3. Ask for help with mowing your lawn or raking leaves.
4. Ask your doctor about allergy shots or other meds.
5. Try to limit outdoor activities when pollen

or mold counts are high. (These counts are usually easy to find online, through the local news and newspaper reports.) There's often more pollen on dry, hot and windy mornings.

Sources: *American Academy of Asthma, Allergy & Immunology* ([www.aaaai.org](http://www.aaaai.org)); *National Institutes of Health* ([www.nih.gov](http://www.nih.gov))

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