



Asthma *and* allergies?

What to know to fight back—and have fewer asthma flare-ups

Play keep-away from allergens

Watch the weather. Dry, warm and windy days tend to be high-pollen times. When possible, save outdoor activities for cool, damp days.

Stay in to work out. Exercise indoors to avoid pollen and outdoor molds.

Get help with yardwork. If you must work outdoors, wear a mask to help keep pollens out of your nose and mouth.

Shut your home and car windows. Use air conditioning, if possible.

Hit the showers after being outdoors. You'll help wash allergens away.

Talk with your doctor

Take action. It's important to create an asthma action plan with your doctor. Ask whether your plan should be adjusted for allergy season.

Mind your medicines

Asthma. If you use a daily controller medication, take it as directed. Keep your rescue inhaler handy to treat any flare-ups.

Allergies. Over-the-counter or other allergy treatments may ease or prevent symptoms. Talk with your doctor about what may be best for you.*

Know common triggers

Pollen by the season — the biggest culprits:

- *Spring:* trees
- *Late spring/summer:* grasses
- *Summer/fall:* weeds, other late-blooming plants

The fungus among us. Outdoor mold spores tend to increase with rising temperatures — and float in the air like pollen.

That's irritating! Besides allergens, other things might bother your lungs — and make asthma worse — including smoggy, smoky or cold air. Get air-quality forecasts at airnow.gov.



In warm climates, pollen and mold can be a year-round problem.

*Check your benefit plan to see what services may be covered.

Sources: American Academy of Allergy, Asthma & Immunology; American Lung Association; National Institutes of Health

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