



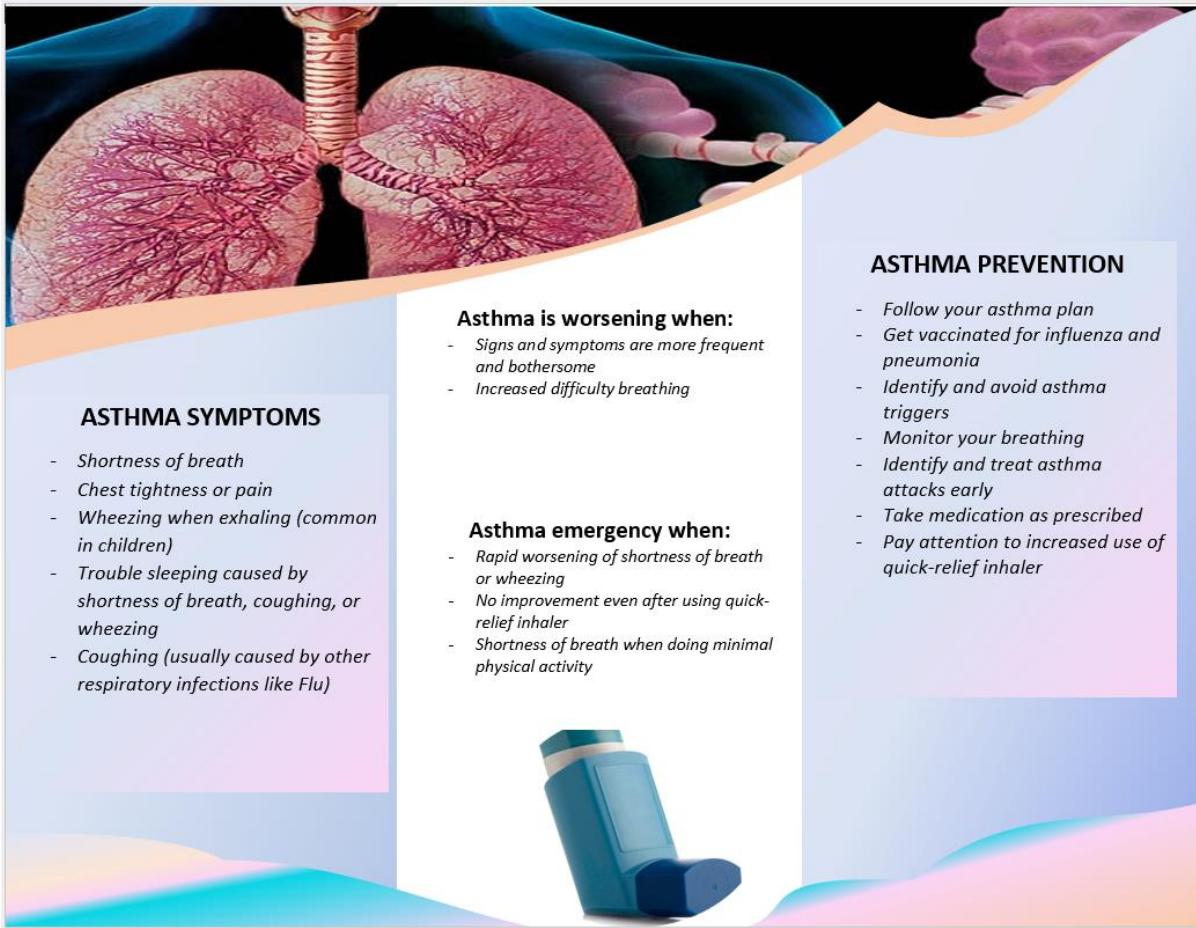
ASTHMA & ALLERGY AWARENESS MONTH



BE PREPARED:

- Know and avoid triggers.
- Recognize anaphylactic symptoms.
- Work with your doctor to manage your symptoms.
- Clean up your house.
- Don't smoke in the house.
- Stay inside when pollen counts are high.
- Control indoor humidity.
- Be careful doing outside work.





ASTHMA SYMPTOMS

- Shortness of breath
- Chest tightness or pain
- Wheezing when exhaling (common in children)
- Trouble sleeping caused by shortness of breath, coughing, or wheezing
- Coughing (usually caused by other respiratory infections like Flu)

Asthma is worsening when:

- Signs and symptoms are more frequent and bothersome
- Increased difficulty breathing

Asthma emergency when:

- Rapid worsening of shortness of breath or wheezing
- No improvement even after using quick-relief inhaler
- Shortness of breath when doing minimal physical activity



ASTHMA PREVENTION

- Follow your asthma plan
- Get vaccinated for influenza and pneumonia
- Identify and avoid asthma triggers
- Monitor your breathing
- Identify and treat asthma attacks early
- Take medication as prescribed
- Pay attention to increased use of quick-relief inhaler

For more information, please visit:

- <https://www.aafa.org/>
- https://www.cdc.gov/asthma/statprofiles/asthma_in_pa.pdf
- <https://www.cdc.gov/asthma/faqs.htm>
- <https://www.cdc.gov/asthma/exhale/index.htm>
- <https://www.epa.gov/asthma>
- <https://www.health.pa.gov/topics/school/Pages/Asthma.aspx>
- <https://www.lung.org/lung-health-diseases/wellness/protecting-your-lungs>

LEARNING COPING THRIVING...

DON'T TAKE YOUR LUNGS FOR GRANTED:

- Don't smoke
- Avoid exposure to indoor pollutants that can damage your lungs
- Minimize exposure to outdoor air pollution
- Prevent infection
- Get regular check-ups
- Exercise
- Control your asthma



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DARSHANA



A Glimpse into the

Hindu Civilization

KNOW MORE ABOUT OUR FELLOW HINDU AMERICANS
THROUGH A NATIONWIDE TRAVELING EXHIBITION



15th May 2 PM - 5 PM



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1414 Scranton, PA 18509

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