



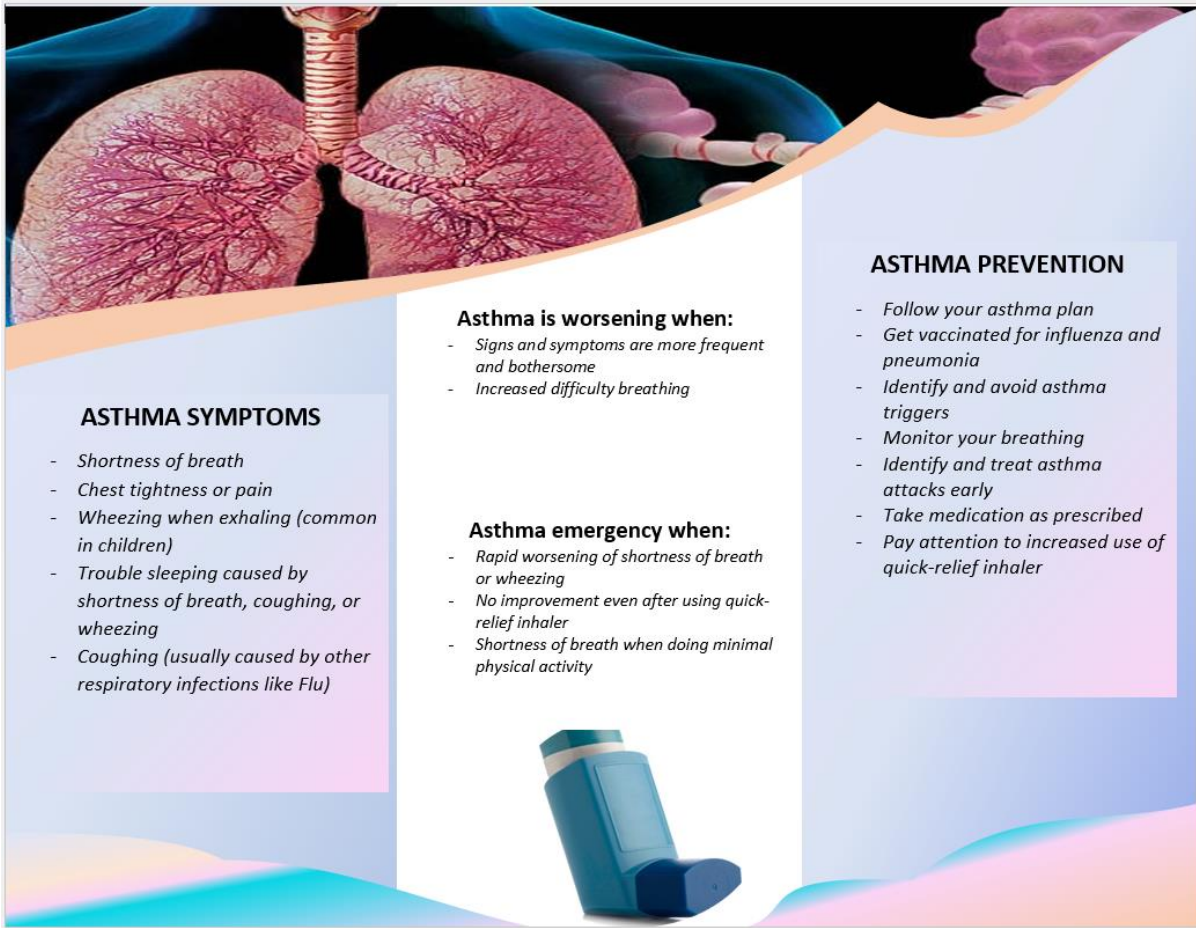
ASTHMA & ALLERGY AWARENESS MONTH



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



Sponsored by NEPA Public Health Alliance

GET YOUR BOOSTER: END THE PANDEMIC COVID VACCINE CLINIC

DATE: MAY 24TH, 2022

TIME: 2:00 PM-5:00 PM

LOCATION: 1801 PINE STREET, SCRANTON
OLD ARMY RESERVE CENTER

Now authorized
2nd Booster for 50+
and
1st Booster for 12+

Available all doses
of
PFIZER
&
MODERNA

WALK INS ARE WELCOME

Call 570(VACCINE) or 570-822-2463
or scan to Pre-Register

**ALL VACCINES
ARE FREE
NO ID OR
INSURANCE
REQUIRED**



Gift cards will be distributed while supplies last.



COLOQUESE EL REFUERZO: TERMINE CON LA PANDEMIA
CLÍNICA DE VACUNACIÓN CONTRA LA COVID-19

FECHA: 24 DE MAYO DE 2022

HORA: DE 2:00 p. m. A 5:00 p. m.

LUGAR: OLD ARMY RESERVE CENTER
1801 PINE STREET. SCRANTON

Ya está autorizado:
2.º refuerzo para mayores de
50 años
y
1.º refuerzo para niños mayores de
12 años

Todas las dosis disponibles
de
PFIZER
y
MODERNA

**TODAS LAS VACUNAS
SON GRATIS**

**NO SE REQUIERE
IDENTIFICACIÓN NI
SEGURO MÉDICO**

llame al 570 (VACCINE)/570 822-2463
para registrarse con anticipación.

PUEDE ACUDIR SIN CITA PREVIA

Las tarjetas de regalo se distribuirán hasta agotar existencias.





Understanding Tick Bites and Lyme Disease



How to prevent tick bites



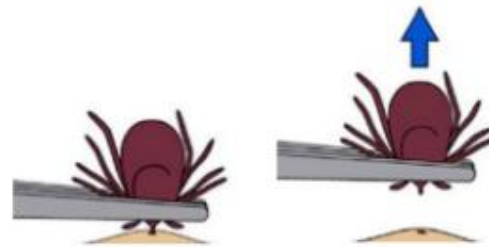
Ticks can spread disease, including Lyme disease.

Protect yourself:

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.

How to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.



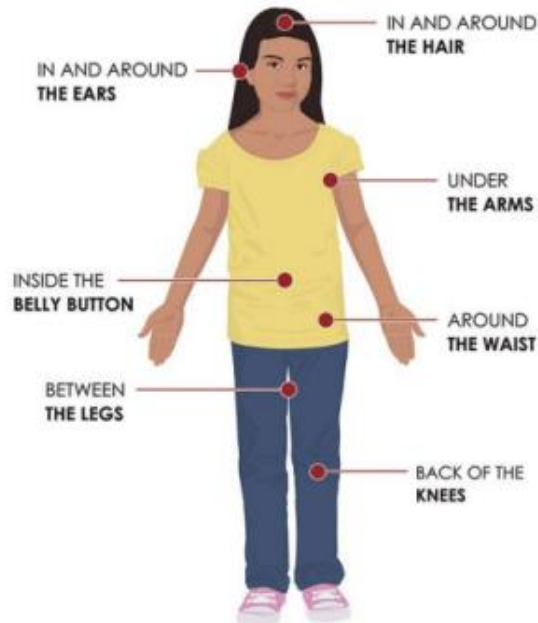
Notes:

- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Tick Check



Always check for ticks after spending time outdoors.

**Yard Work • Gardening • Hiking
Camping • Outdoor Play**



**Lyme is a
serious
disease.**

See your doctor because

Lyme disease can make you very sick. You can develop a fever and a red, oval rash. You may feel like you have the flu in the summer. You can later develop arthritis and swelling in your joints. Lyme disease can even cause heart problems and make it hard to remember things.

And antibiotics can cure Lyme disease

Resources:

Centers of Diseases Prevention and Control: Ticks: <https://www.cdc.gov/ticks/index.html>

PA Department of Health: Tick borne diseases:

<https://www.health.pa.gov/topics/disease/Vectorborne%20Diseases/Pages/Tick%20Diseases.aspx>