

# Asthma and Allergies

Allergic asthma is the most common form of asthma. Certain types of allergens are known to produce, or trigger, asthma symptoms and attacks.



## Common Triggers of Allergic Asthma

- Pollen
- Cockroaches
- Dust mites
- Mold
- Pet dander
- Certain foods
- Cleaning products, oils and fragrances

## Steps you can take to reduce common triggers:

### Indoors

- Dust, vacuum and wash bedding often to control dust mites
- Make sure your vacuum has a HEPA filter and wear a mask when cleaning
- Reduce pet dander by keeping pets out of the bedroom
- Shut windows and doors to reduce pollen
- Reduce mold spores by decreasing moisture in your home with dehumidifiers, air conditioners and fans

### Outdoors

When the pollen count is high, keep these tips in mind to prevent outdoor allergies during peak season

- Stay inside during peak pollen times, usually between 5:00 a.m. and 10:00 a.m.
- Keep your car windows closed when traveling
- Stay indoors when humidity is high and on days with high wind, when dust and pollen are more likely to be in the air
- Wear a facemask if you are outside to limit the amount of pollen you inhale
- Shower after spending time outside to wash away pollen that collects on your skin and hair



**If you are concerned with an increase in your asthma and allergy symptoms, contact your primary care provider or allergist for more information.**