

Weathering Your Springtime Allergies and Asthma

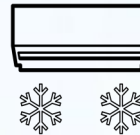
Tips to help you manage your seasonal allergies and asthma this spring.

Take medication.



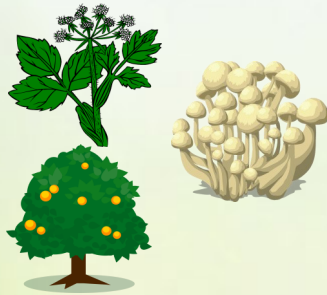
Use your asthma and allergy action plans, and consistently take doctor-recommended medicines

Cool smartly.



Keep windows shut, and use air conditioning during high-pollen counts.

Know seasonal triggers.



Weeds, trees, grasses, and molds are just a few possible triggers.

Count pollen.



Watch local weather forecasts or check pollen count-specific sites. Stay inside when pollen levels are highest.

Clean up.



Vacuum and dust frequently.



Change clothes and shower when you come inside to remove pollen.



Use a clothes dryer instead of a clothesline.

Garden wisely.



Avoid exposure to fertilizers and pesticides.



Avoid leaf piles, as they can be sources of mold.



Have someone else mow your lawn.



Bureau of Environmental and Occupational Health

Wisconsin Department of Health Services

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