Asthma & Allergies

**Action Plan**

- **Set up for success:**
  - Have your prescribed Asthma Action Plan readily available and review it with your medical provider
  - Avoid smoke and vape exposures
  - Discuss anti-allergy medications with your medical provider

- **Be aware:**
  - Check your local allergy index to assess daily risk
  - Avoid major air pollution sources like the highway or idling vehicles by limited prolonged time outdoors or exercising in these areas if possible.

- **Be prepared:**
  - Know how to quickly access your inhalers
  - Store medications at room temperature *Note: inhalers can be less effective if kept in extreme heat

- **Act quickly:** Learn the signs of worsening asthma (difficulty breathing, chest pain, persistent cough, shortness of breath, etc) and seek help if you develop these symptoms!

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**Did you know?**
Climate change creates longer, stronger pollen seasons, which can trigger asthma and make it harder to breathe. Extreme temperatures caused by climate change can also lead to asthma flares.

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**Community Resources**

- **Check the Air Quality Index** for your community. This resource monitors the five major pollutants present.

- **Check the Allergy Forecast** for your community. This resource tracks the daily and projected pollen level.

- **Plan ahead** by developing and reviewing an asthma action plan with your medical provider.

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