

May is Asthma and Allergy Awareness Month

Did you know?

The Scranton and Wilkes-Barre metro area has been named the **#1 most challenging place** for people to live with seasonal allergies for the second year in a row.



Up to 60% of people with asthma have allergic asthma. This type of asthma is triggered by allergens like dust mites, animal dander, or pollen.

Be prepared for allergy season

Know your allergy symptoms

Allergy symptoms can include:

- Watery eyes
- Runny nose
- Stuffy nose
- Itchy nose, eyes, ears, and mouth
- Sneezing
- Rash or hives



Stay away from triggers

The best way to prevent an allergic reaction is to avoid triggers. Common triggers of environmental allergies include:

- Pollen
- Animal dander
- Mold
- Cockroaches
- Dust mites



Other ways to be prepared

Here are other ways you can reduce allergy symptoms:

- Work with your doctor to identify and manage your symptoms
- Reduce or remove triggers from your home using certified **asthma & allergy friendly**® products
- Check pollen counts daily and stay inside when pollen counts are high
- Keep windows closed during pollen season or peak pollen times
- Don't smoke and reduce exposure to secondhand smoke
- Use central air conditioning or air cleaners with a certified air filter or HEPA filtration
- Protect yourself when going outside by wearing sunglasses and covering your hair



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Did you know?

10.5% of the population
in Northeastern Pennsylvania
(NEPA) has asthma



Control your asthma

Know your asthma symptoms

Common signs and symptoms of asthma include:

- Coughing
- Shortness of breath
- Chest tightness or pain
- Wheezing or whistling sound in lungs
- Trouble sleeping



Stay away from triggers

Common triggers include:

- Pollen
- Dust mites
- Animal dander
- Mold
- Chemicals
- Extreme weather changes
- Secondhand smoke
- Air pollution
- Stress
- Exercise



Work with your doctor

Here are ways you can work with your doctor to control your asthma:

- Have a management plan, including an asthma action plan
- Schedule regular check-ups with your doctor
- Follow the advice of your doctor, including which medicines to take and when
- Quit smoking
- Stay active



Prevent Infection

To help prevent infection, which can make asthma worse, you can:

- Wash your hands
- Avoid touching your eyes, nose, or mouth
- Get vaccinated for COVID-19, the flu, and pneumonia as advised by your doctor



Resources:

CDC, Learn How to Control Asthma: [cdc.gov/asthma/faqs.htm](https://www.cdc.gov/asthma/faqs.htm)

CDC, State Maps for Asthma Prevalence: [cdc.gov/asthma/national-surveillance-data/asthma-prevalence-state-classification.htm](https://www.cdc.gov/asthma/national-surveillance-data/asthma-prevalence-state-classification.htm)

