



Allergies and asthma

Allergy and asthma symptoms are triggered by breathing in substances called allergens, or triggers.

The allergy/asthma relationship

Allergies and asthma are two separate health conditions. Not everyone with allergies has asthma, and vice versa.

“Allergy-induced asthma” occurs when an allergic reaction affects the lungs and airways, leading to asthma symptoms.

Allergens such as pollen, dust and pet dander can trigger asthma symptoms and asthma attacks in certain people.

Controlling indoor allergens

- Vacuum and sweep floors weekly to help reduce dust mites and pet dander.
- Wash/dry bedding once a week using the “hot” setting.
- Keep pets out of bedrooms/off furniture to reduce allergens.
- Keep windows closed to keep pollen and air pollutants out.

Contact your Everside Health provider today to learn more.

Plan for the environment

- Check your local TV/radio station or newspaper for pollen forecasts/levels
- Check the local air quality index
- Consider outside activities during the early morning or evening when the air quality index/pollen count is lower.
- Consider wearing a mask to avoid breathing in allergens.

Make your home a smoke-free zone. If you have allergies or asthma, people should never smoke near you, in your home, in your car or wherever you may spend a lot of time.