



## Pollen Can Trigger Asthma

People with asthma often have allergies. Of all the things that can cause an allergy, pollen is the most common.

Pollen in the air is most often worse in spring and summer. Allergies to pollen can trigger asthma attacks and make asthma worse.

Some people may be born with an allergy. There is no cure for pollen allergies.

Treating uncontrolled allergies can sometimes be the best treatment for hard-to-control asthma.

If you have uncontrolled allergies, it is important to see your doctor to get them treated and lower exposure to the pollens. Your doctor can also give you a skin test to know what allergies you have.

### **Pollen allergy symptoms include:**

- Sneezing with a runny or congested nose
- Itching
- Inflamed and watering eyes
- Itching nose or throat

### **Treatment of pollen allergies include:**

- Avoiding the allergen
- Medication to relieve symptoms
- Allergy shots

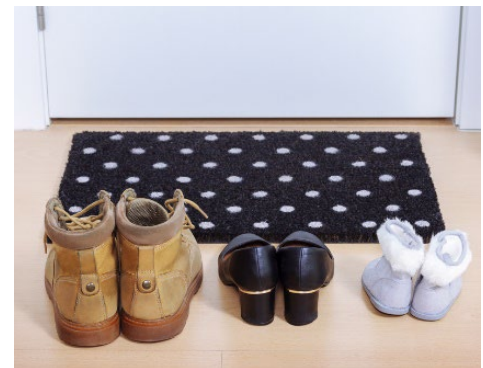
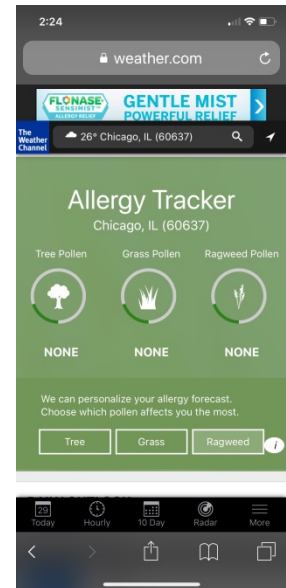


**See page 2 for ways to lessen asthma triggers from pollen**

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## Ways to lessen asthma triggers from pollen

- Take any prescribed medication for an allergy and asthma on a regular basis and in the correct amount.
- Find current pollen levels in the newspaper, on a free telephone app or at an on-line website.
- When outdoor pollen is high, keep windows closed while sleeping; Limit outdoor morning activity between 5am and 10am. This is the time of day when pollen is highest.
- Stay inside when pollen count or humidity is high and on windy days when dust and pollen are blown around.
- Keep car windows closed when traveling.
- Remove shoes and jackets at the door.
- Do not mow lawns or be around fresh cut grass.
- Do not hang sheets or clothing outdoors to dry. Pollen will collect on them.
- During periods of high pollen levels, avoid contact with things that can make symptoms of pollen allergy even worse such as dust, insect sprays, tobacco smoke, air pollution and fresh tar or paint.
- Take a shower. Wash your hair and body and change clothes before bed.



**For questions and resources, call 1 (833) 327-8462.  
www.SouthSideKidsAsthma.org**