



TIPS TO HELP CONTROL YOUR ASTHMA IN THE FALL

- Schedule a visit your primary care physician.
- Be aware of your asthma triggers, and avoid them whenever possible.
- Check pollen counts for your area, and avoid spending excessive amounts of time outdoors on days with high counts.
- When participating in outdoor recreation, take your time, set a slower pace, and take breaks.
- Replace the air filter in your home to help improve air quality