Stay on top of your asthma

Pollen, air quality, pets and smoking can all affect asthma and other respiratory conditions. Know what triggers your breathing issues, and use these tips to keep them under control.

- Keep pets out of your bedroom.
- Avoid exposure to secondhand smoke, chemicals and fumes.
- Wash outdoor pets often to remove outdoor allergens.
- Keep windows closed; use an air conditioner at home and in the car.
- Change clothes, shower and wash hair to remove pollens.
- Follow your Asthma Action Plan.
- Use a peak flow meter to help manage and prevent symptoms.
- Avoid exercising outdoors on high pollution and pollen days.
- Get help to stop smoking. Call 800.QUIT.NOW.
- Take medication as prescribed.

The Best Cities for Asthma
1. McAllen, TX
2. Houston, TX
3. Cape Coral, FL
4. San Jose, CA
5. San Antonio, TX
6. Minneapolis, MN
7. El Paso, TX
8. Provo, UT
9. Los Angeles, CA
10. Palm Bay, FL
11. Orlando, FL
12. Baton Rouge, LA
13. Oxnard, CA
14. Riverside, CA
15. Bakersfield, CA
16. Springfield, MA
17. Richmond, VA
18. Dayton, OH
19. Philadelphia, PA
20. Louisville, KY
21. Cincinnati, OH
22. Youngstown, OH
23. Birmingham, AL
24. Greensboro, NC
25. Toledo, OH
26. Boston, MA
27. Worcester, MA
28. Denver, CO
29. Milwaukee, WI
30. Cleveland, OH
31. Detroit, MI
32. Madison, WI
33. Madison, WI
34. Hartford, CT
35. New York, NY

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