

Best & Worst

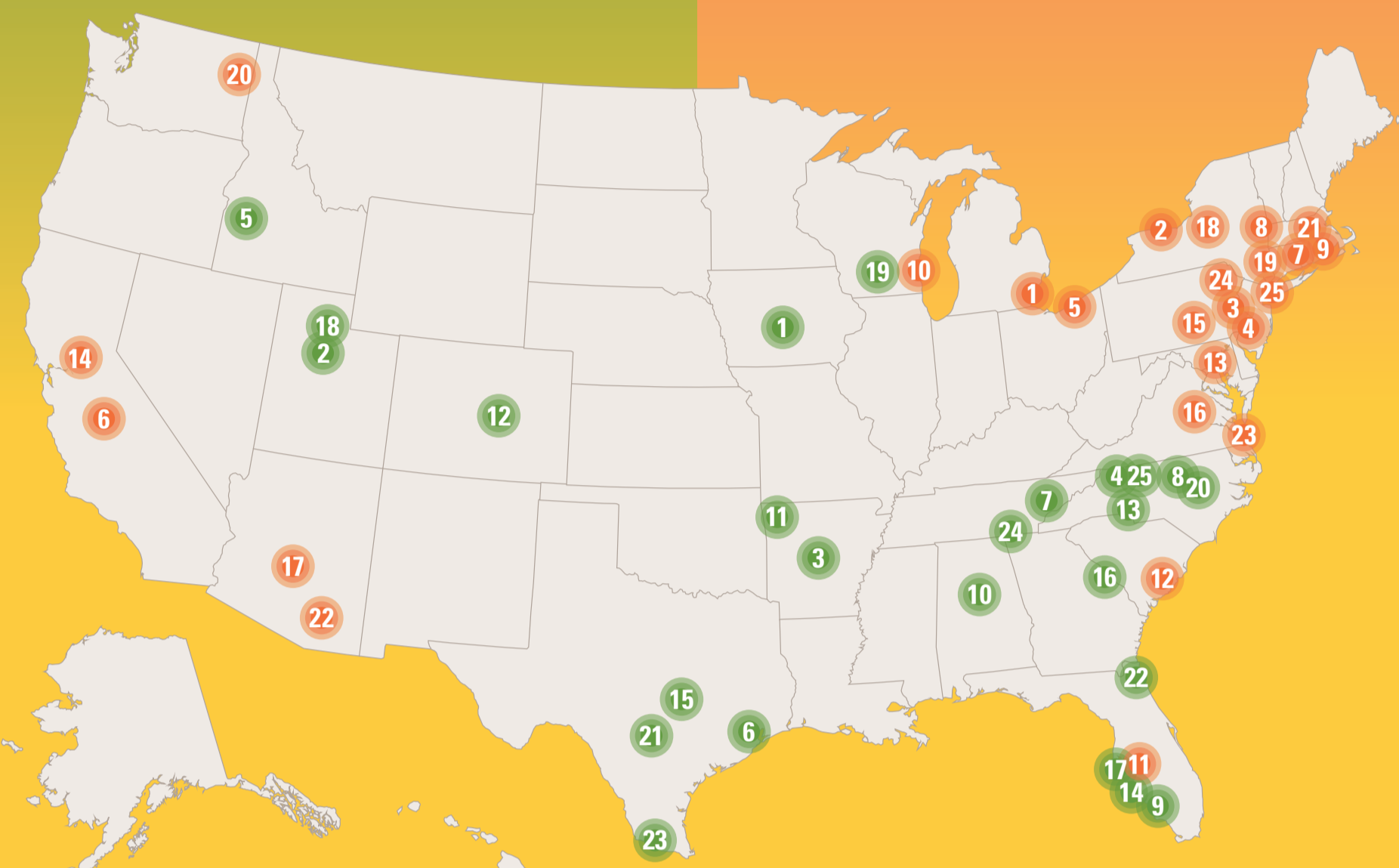
CITIES FOR ASTHMA

The Best Cities for Asthma

- | | | |
|----------------------|--------------------------|----------------------|
| 1. Des Moines, IA | 11. Fayetteville, AR | 21. San Antonio, TX |
| 2. Provo, UT | 12. Colorado Springs, CO | 22. Jacksonville, FL |
| 3. Little Rock, AR | 13. Charlotte, NC | 23. McAllen, TX |
| 4. Winston-Salem, NC | 14. Sarasota, FL | 24. Chattanooga, TN |
| 5. Boise, ID | 15. Austin, TX | 25. Greensboro, NC |
| 6. Houston, TX | 16. Augusta, GA | |
| 7. Knoxville, TN | 17. Tampa, FL | |
| 8. Durham, NC | 18. Salt Lake City, UT | |
| 9. Cape Coral, FL | 19. Madison, WI | |
| 10. Birmingham, AL | 20. Raleigh, NC | |

The Worst Cities for Asthma

- | | | |
|---------------------|----------------------|------------------------|
| 1. Detroit, MI | 11. Lakeland, FL | 21. Worcester, MA |
| 2. Rochester, NY | 12. Charleston, SC | 22. Tucson, AZ |
| 3. Allentown, PA | 13. Baltimore, MD | 23. Virginia Beach, VA |
| 4. Philadelphia, PA | 14. Sacramento, CA | 24. Scranton, PA |
| 5. Cleveland, OH | 15. Harrisburg, PA | 25. New York, NY |
| 6. Fresno, CA | 16. Richmond, VA | |
| 7. Hartford, CT | 17. Phoenix, AZ | |
| 8. Albany, NY | 18. Syracuse, NY | |
| 9. Providence, RI | 19. Poughkeepsie, NY | |
| 10. Milwaukee, WI | 20. Spokane, WA | |



Source: The Asthma and Allergy Foundation of America



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.



Avoid exposure to secondhand smoke, chemicals and fumes.

Keep pets out of your bedroom.



Wash outdoor pets often to remove outdoor allergens.



Follow your Asthma Action Plan.



Avoid exercising outdoors on high pollution and pollen days.



Get help to stop smoking. Call 800.QUIT.NOW

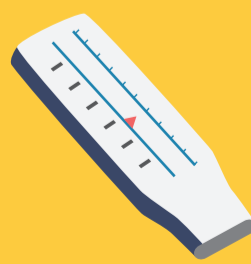
Take medication as prescribed.



On poor air quality days, keep windows closed. Use an air conditioner at home and in the car.



Use a peak flow meter to help manage and prevent symptoms.



Change clothes, shower and wash hair to remove pollens.

