

# Seasonal Allergy and Asthma Tips



**ASTHMA 411**

## Check the Weather and the Pollen Count

If the pollen count is **HIGH**, then limit outdoor activities.



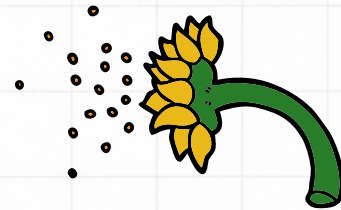
## Shower and Change Clothes

After outdoor activities, remind your child to shower in order to rinse off pollen.



## Keep Your Home and Car Window Shut

This helps keep pollen outside.



## Take medication as prescribed

Remind your child to take their daily asthma control medications even if they are feeling well.

