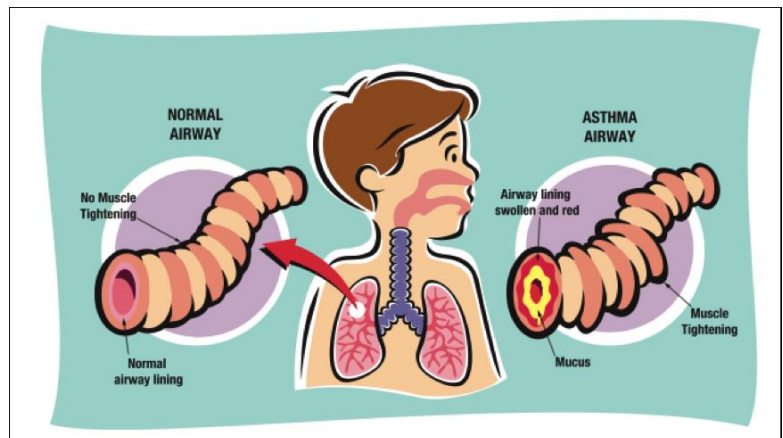


May is Allergy and Asthma Awareness Month!

You may have asthma or know someone who has asthma. Some people must take medication every day to prevent asthma attacks and some people take medication only when they feel they need it. **Asthma is a chronic disease that causes your airways to become inflamed, making it hard to breathe.** There is no cure for asthma. The best way to manage asthma is to avoid triggers, take medications to prevent symptoms and prepare to treat asthma episodes if they occur.

Please use this link to view some important facts about asthma:

<https://www.aafa.org/asthma-facts/>



You probably know someone who has allergies, as well. An **allergy is when your immune system reacts to a foreign substance, called an allergen.** It could be something you eat, inhale into your lungs, inject into your body or touch. This reaction could cause coughing, sneezing, hives, rashes, itchy eyes, a runny nose and a scratchy throat. In severe cases, it can cause low blood pressure, breathing trouble, asthma attacks and even death. There is no cure for allergies. You can manage allergies with prevention and treatment. More Americans than ever say they manage allergies. It is among the country's most common, but overlooked, diseases.

Please use this link to view some important facts about allergies:

<https://www.aafa.org/allergy-facts>

Try to avoid triggers! Even if you don't have allergies, you can develop them at any time in your life. Wash your hands when coming in from outside, wash your hair at night if you've been outside during the day, avoid touching your mouth, nose and eyes and take any medications as directed by your doctor.