

Breathe Easy



If asthma affects you or your child, you need to have an asthma action plan.

Prepare For Allergy Season

Spring is here, and for people with **seasonal allergies** that can mean a runny nose, itchy eyes, and sneezing. Allergies can be managed so you can keep doing your usual activities. Some people find success with **home remedies** like rinsing your nose with salt-water and avoiding things that cause your symptoms, like blooming plants or grasses. There are also **medicines** you can find that may help. Talk to your doctor before you start a medicine for allergies to make sure you won't have complications with other medicines you take or other health issues you may have.

Control Your Asthma

If asthma affects you or your child, you need to have an **asthma action plan**. An asthma action plan can help you manage your asthma each day by telling you what medicine to take and what steps to follow when you have an asthma attack. Your asthma action plan has three different zones:

- **Green** means things are good. You aren't having any breathing problems and you can do all your usual activities.
- **Yellow** means things are getting worse. You have some breathing problems and can't do all of your usual activities. You need to take some action to get back into the green zone.
- **Red** means you're in the danger zone. You are short of breath, can't do usual activities and need to take action as soon as possible to get better.

Work with your doctor to create your asthma action plan (you can use [this PDF](#) as your starting point) so you can breathe better and feel confident in avoiding and treating your asthma attacks.

Get Help For Breathing Problems

Asthma. Colds. COPD (chronic obstructive pulmonary disease). **Pneumonia**. Many things can affect how well your lungs and airways function. When your lungs are healthy, you can breathe easily. When your lungs are unhealthy, you may have pain or discomfort when breathing. Troubled breathing may make it difficult to do the activities you enjoy.

Ask your doctor about your **lung health** if you have:

- Troubled breathing like wheezing or chest tightness
- Difficulty getting enough air or shortness of breath
- A cough that won't go away
- Pain when you breathe in or out
- Difficulty exercising
- Blood or mucus when you cough

Make a list of the breathing problems you have. Write down when you have problems, the time of day that it happens and any activities that make your breathing worse. Schedule a visit with your doctor about your breathing problems and bring your list with you. Together you can make a plan that is right for you.

4 Tips to Fight Allergies

- 1** Avoid **allergy triggers** like pollen from blooming plants.
- 2** Pick up and **clean your home** to remove dust.
- 3** Try **home remedies** to relieve allergy symptoms.
- 4** Talk to your doctor about **medicines** that can help. Do not start a new medicine without talking to your doctor first.



Resources

We have a number of resources and tools to keep you healthy and help you manage chronic conditions. Check out these additional resources:

[Health and Wellness A-Z Library](#)

[Children First Program](#)

[Quit for Life](#)

[New Arrivals](#)

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