

* May is National Asthma & Allergy Awareness Month

- Approximately **25 million** people have asthma. 7 million are children. About **50 million** people have allergies.
- In 2010 approximately **13 million** people reported having an asthma attack, which can be a life threatening emergency!



Signs & Symptoms of Asthma:

- Coughing, wheezing, shortness of breath, and a tightness in the chest

Signs & Symptoms of Allergies:

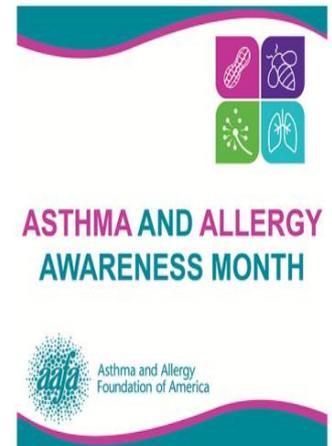
- Congestion, coughing, sneezing, runny nose, skin rash (hives), itchy watery eyes, possible difficulty in breathing and itchiness



* Asthma & Allergies Awareness

Asthma & Allergy Triggers:

- Smoking, molds, cockroaches, pet hair, dust mites, grass and weed pollen.
- Allergies may also be triggered by certain foods (*peanuts, milk, shellfish*), medications, insects and other items such as *latex*.



Know your triggers to avoid attacks!



Public Health Awareness Messages provided by: Oneida Community Health Department