



**Asthma, allergies and the flu are conditions that affect the upper respiratory tract and can affect how we breathe.**

**Asthma, Allergy and Influenza. You're in control to decrease your risk and manage your health.**

### **Asthma and Allergies Can Be Managed with Lifestyle Changes and Medicine**

Asthma and allergies can be managed by avoiding whatever triggers the attacks. Following are some easy steps you can take to reduce exposure to household allergens.

- Use allergy-free covers for your mattress, box springs and pillows.
- Keep floors clean. Hardwood, cement, linoleum or tile floors are best for people with allergies.
- Reduce the dust.
- Get rid of insects and mice by hiring an exterminator or by using traps.
- Avoid being around cigarette smoke — and if you smoke, stop.

Immunotherapy, or allergy shots, can be used in some people to reduce their sensitivity to allergens. These shots help the body accept the allergen, which causes the symptoms to decrease. Allergy shots do not work for everyone.

### **You May Be Able To Lower Your Risk of Catching the Flu**

Getting a flu vaccine each fall is the best way to prevent the flu. You may also be able to prevent the flu or help stop the spread of it by:

- Avoiding close contact with people who have the flu.
- Covering your mouth and nose with a tissue when coughing or sneezing.
- Washing your hands, and not touching your eyes, nose and mouth before doing so.

# Asthma, Allergy and Influenza

## What Are Your Health Risks?

For asthma and other health conditions, there are some questions you should ask yourself to understand your risks.<sup>1</sup>

- What diseases run in my family? Who had them, and at what age did they develop? Did anyone have asthma or allergies?
- What diseases do I have? Am I being treated for them? Is the treatment working?
- What positive health steps do I take?
- What health risks do I take? Am I overweight or obese?
- Am I a smoker? Is anyone in my household a smoker?

## What's Your Action Plan for Health?

Knowing your risk factors and developing an action plan are important steps for taking control of your health. Your action plan is your plan for success — and personal health. Choose a goal to improve your health, and answer the questions below. Think of your goal in terms of T-I-M-E, or Time, Investment, Method and Evaluation.<sup>2</sup>

<sup>1</sup>Adapted from Personal DNA. River City Partnership on Health. 2004.

<sup>2</sup>Adapted from TIME. River City Partnership on Health. 2004.

**Talk to your doctor, and stay on your treatment plan. You are in control of your health. Develop a plan, and move toward a healthier future today.**



**MY GOAL IS:** \_\_\_\_\_

TIME	METHOD
How much do I have?	When will I start the new plan?
How much will I invest?	What will keep me motivated?
INVESTMENT	EVALUATION
What resources are available to me?	How will I measure success? (Be specific.)
Which people will support my efforts?	What are the barriers to my success?
Who are my information/ action experts?	How will I overcome these?

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