

Health and Wellness

Tip of the Week - Week 14

Monthly Topic

April is Asthma & Allergy Relief Month. It's the perfect time to remind employees about the importance of controlling asthma & allergy symptoms and getting relief.

April 6, 2015

Asthma Relief Is In The Air

If you or a loved one has asthma, you know the value of controlling your symptoms. You may also know these common triggers that can cause asthma attacks, such as:

- 🌈 Mites and cockroaches
- 🌈 Poor indoor or outdoor air quality
- 🌈 Pets
- 🌈 Mold
- 🌈 Tobacco smoke
- 🌈 Smoke from burning wood or leaves

Source: Centers for Disease Control and Prevention



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