

# Health and Wellness

## Tip of the Week - Week 16

### 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 20, 2015

### Take Control of Your Asthma

The key to controlling asthma is knowing how to spot the early warning signs of an asthma episode. This is not always easy because warning signs are not the same for everyone and they may change from episode to episode. Warning signs may include:

- Drop in your peak flow reading
- Chronic cough, especially at night
- Difficult or fast breathing
- Feeling of chest tightness or discomfort
- Becoming short of breath more easily than usual
- Fatigue
- Itchy, watery or glassy eyes
- Itchy, scratchy or sore throat
- Tendency to rub or stroke your throat
- Sneezing
- Sinus congestion
- Headache, fever
- Restlessness
- Runny nose
- Flushed face
- Dark circles under your eyes
- Other symptoms identified by you and your physician

These tips are intended as general information only. Please consult your physician for specific advice.



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