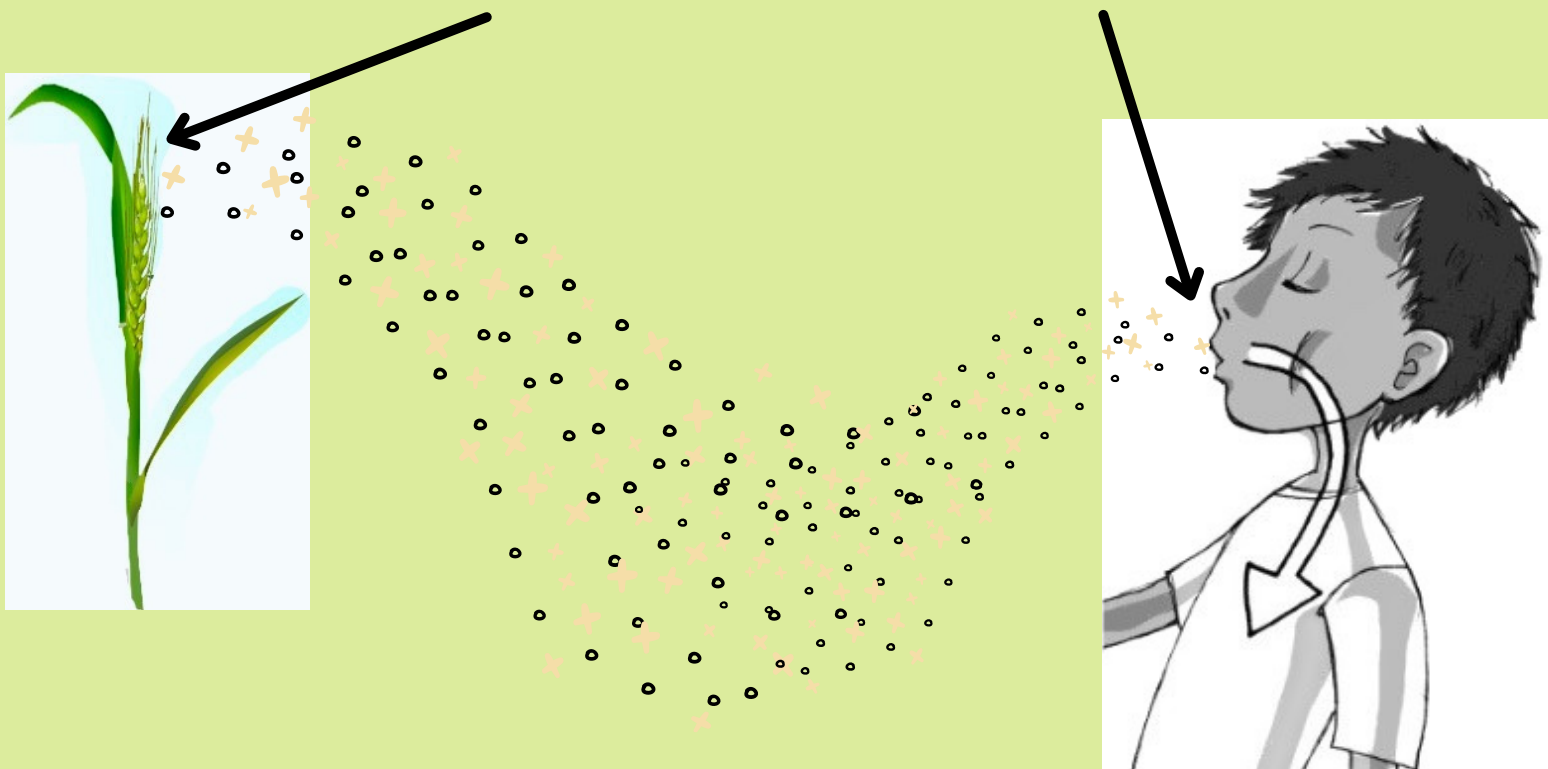


Grass Pollen and Asthma



How do grass pollens cause asthma?

Pollen is made here and is breathed in here.



Stay alert in late spring and early summer!



Grass pollens can travel hundreds of miles on the wind!

7 most common grasses that cause allergy:

- 1. Bermuda
- 2. Johnson
- 3. Kentucky
- 4. Orchard
- 5. Rye
- 6. Sweet Vernal
- 7. Timothy



Tips:

- Close house and car windows
- Use air conditioning.
- Use clothes dryer instead of outdoor clothes lines.
- Check pollen counts. During high pollen, stay inside from 5-10am.
- Keep a shorter lawn. Have someone else mow.
- Shower off pollen before bed.
- Check with your healthcare provider about adding or increasing medicines before the allergy season starts.