

# Asthma Triggers



ASTHMA  
800.414.6675

Some things can cause your asthma to get worse. These things are called triggers.

Different things can make your asthma worse at different times of the year.

## GENERAL TRIGGERS

- Animal dander
- Cleaning products
- Excessive exercise
- Perfume
- Ragweed
- Smoke

## SUMMER TRIGGERS

- Grass clippings
- Mulch
- Mold spores
- Pollen
- Very hot, sticky days

## WINTER TRIGGERS

- Evergreen trees
- Potpourri
- Scented candles
- Wreaths

## WHAT CAN I DO?

- Stay in air conditioning during midday and the early afternoon. This keeps your lungs safe from pollen and high humidity.

- Your doctor may need to adjust your medicine or give you new medicine during bad pollen seasons.

People with asthma should also get the flu and pneumonia vaccines. Asthma can make flu symptoms worse. It can even cause complications from the flu. Ask your doctor if you should get these vaccines.



**FOR MORE INFORMATION** about asthma, call Care Management 1.800.414.6675 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះនៅក្នុងសំបុត្រនេះអាចមានភាសាផ្សេងៗទៀត និងក្នុងទម្រង់ដទៃទៀត តាមរយៈការទូរស័ព្ទទៅខាងសេវាសមាជិកដ៏ល្អរបស់យើង 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លឺ៖ 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).