



FOR IMMEDIATE RELEASE

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American Respiratory Alliance Provides Free Pollen Calendars

Allergies, Asthma, Pollen Running You Down? The American Respiratory Alliance Can Help!

(Pittsburgh, PA), 22-May-2007 – People suffering from severe allergies as a result of pollen and hay fever can find help from the American Respiratory Alliance. Allergy season continues to get worse for allergy sufferers. Extremely high levels of pollen have already hit the air and pollen counts will remain high for a while. Know when the pollen counts are at their peak levels with an **American Respiratory Alliance pollen calendar**. **The calendar is available FOR FREE by calling 1-800-220-1990**, and is especially useful for travelers because it provides pollen information month by month for every state. You can also check the daily pollen count for our region at www.healthylungs.org.

Nearly 50 million people in the United States have allergies, and according to the American Academy of Allergy, Asthma, & Immunology (AAAAI), nearly 36 million of them suffer from hay fever alone.

For many people, allergies can trigger asthma symptoms. To avoid problems, the Respiratory Alliance suggests the following ways to reduce exposure:

- dust your furniture frequently and thoroughly with a damp cloth;
- try not to go outside when pollen counts are high;
- remove wall-to-wall carpeting in the bedroom;
- vacuum floors and furniture often;
- enclose mattress, box spring, and pillows in plastic covers;
- wash sheets and bedding in very hot water; and
- avoid perfumes.

With these guidelines and the pollen calendar, the American Respiratory Alliance hopes to prevent allergy triggers from leading to problems with asthma.

The American Respiratory Alliance is the premier lung health organization in western Pennsylvania and is *dedicated to the prevention and control of lung disease through education, training, direct services, research funding, and advocacy since 1904.*



AMERICAN RESPIRATORY ALLIANCE
of WESTERN PENNSYLVANIA

We're All About Breathing

For a free pollen calendar and more information on allergies and asthma, please call 1-800-220-1990 or visit www.healthylungs.org.