

Can't Catch Your Breath?

Do any of these make you cough?

ALLERGENS

- Tree/Grass/Weed
- Pollens
- Foods
- Molds
- Animals
- Dust Mites

IRRITANTS

- Strong Odors/Perfumes
- Paints or Varnishes
- Tobacco Smoke
- Cooking Fumes
- Dust (Coal/Chalk Dust)
- Household Cleaners
- Aerosol Sprays
- Weather changes

OTHER TRIGGERS

- Colds/Viral Infections
- Medications
- Cold Air
- Reflux Disease/Heartburn
- Vigorous Activity/Exercise
- Food Additives (sulfites)

Did you answer **YES** to one or more of the above **Asthma triggers**?
Allergy shots offered here! Ask your doctor about your allergy risk.



Austin Allergy Calendar

