

## health hints

### Tip Card Provides Info About Asthma Triggers

(NAPSA)—Asthma is the sixth-ranking chronic condition in the nation and the leading chronic illness among children in the United States. For the estimated 10.6 million Americans who have had an asthma attack in the past year, participating in outdoor activities—especially during ozone and weed season (late summer and early fall)—can be potentially dangerous.



**Knowing how to limit exposure to triggers can help make the outdoors more enjoyable.**

As part of an educational partnership to raise public awareness about limiting exposure to triggers that can cause asthma attacks, the American Lung Association and McNeil Consumer Healthcare, the maker of Tylenol®, are offering consumers a free “Taking Control of Asthma” tip card in both English and Spanish.

The tip card, available through September 22, provides pertinent information about asthma triggers to help people take control of their asthma, so their asthma doesn’t take control of them.

To order a card, call 1-800-556-3725 or visit [www.lungusa.org](http://www.lungusa.org).