



Make Inhaled Treatments Accessible for ALL!!

Asthma can be avoided
by following:

- Avoiding exposure to asthma triggers such as air pollution, cold air, fragrances, etc
- Avoid contact with allergens
- Avoid smoke from cigarettes, candles, incense, and fireworks
- Staying away from sick people (cold or the flu)
- Keep the surroundings dust-free
- Taking vaccinations on time to prevent pneumonia, diphtheria, tetanus, zoster vaccine, and whooping cough

Wishing everyone a
Happy & Healthy
World Asthma Day!!

May 6, 2025

To avail our **ONLINE Services**, click on our website www.serumanalysiscentre.com

SERUM Group
Health for All



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