

Know Your Asthma Triggers

Asthma triggers are things that can set off asthma symptoms. Each person with asthma may have different things that can trigger an asthma attack.

Common Asthma Triggers

Allergens

- Dust and dust mites
- Cats or other furry animals
- Mold
- Pollen from trees, grass or flowers
- Cockroaches or “roaches”

Irritants

- Aerosols like hair or bug spray
- Air pollution
- Cigarette smoke
- Strong smells like perfumes, air fresheners or cleaning fluids

Other Triggers

- Cold air
- Exercise or activity
- Getting a cold or the flu
- Strong emotions or stress
- Lots of others



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Ways to avoid asthma triggers

- Talk with your doctor or nurse about the things you can do to reduce your exposure to triggers.
- Keep your home smoke-free. Smokers must smoke outside, not just in a different room.
- Keep your car smoke free.
- Wash hands often, to prevent the spread of colds and flu.
- Limit exposure to bad air quality days.
- Keep mouth and nose covered in cold weather.
- Keep your home dry to reduce mold and dust mites.
- Get rid of furry pets, or give your pet a bath once a week and keep them out of the bedroom of the person with asthma.
- Reduce dust. Someone who does not have asthma should dust and vacuum often.
- Wash bedding in hot water one time a week.



**For questions and resources, call 1 (833) 327-8462.
www.SouthSideKidsAsthma.org**