Triggers are things that set off your asthma (cause symptoms).

**Remember to stay away from your triggers.**

**This will help control your asthma!**

Check off your asthma triggers:

- **GETTING SICK**
  - **Cold/Flu/Cough/Wheezing**
    - Get a flu shot.
    - Stay away from people who have the cold or flu.
    - Wash your hands often.
    - Stay well with healthy food, enough exercise and sleep.
    - Use your asthma medicines as they are prescribed.

- **THINGS THAT IRRITATE LUNGS**
  - **Tobacco Smoke/Fireplace Smoke**
    - Do not smoke. Call 1-800-NOBUTTS (1-800-662-8887) to help you quit.
    - Stay away from smokers.
    - Ask people not to smoke in the car or your home.
    - Let fresh air into your house.
    - Do not use the fireplace and avoid smoke from fires.
  - **Chemicals/Strong Smell**
    - Stay away from scented products such as perfume, deodorant, lotions, hairspray, incense, and air fresheners.
    - Stay away from strong smelling cleaners.

- **PROBLEMS OUTSIDE**
  - **Weather Changes**
    - Stay indoors on very hot or very cold days.
    - When it’s cold, breathe through your nose, use a scarf to cover your mouth/nose
  - **Air Pollution**
    - On bad pollution days, try to stay indoors with windows closed.
    - Avoid standing next to buses, trucks or running cars.

April 2019
For people who are allergic to the allergens below, they may be asthma triggers.

**Dust**
- Ask someone to vacuum or mop floors weekly.
- Enclose mattresses and pillows in allergy proof covers.
- Wash sheets and pillow cases weekly in very hot water.
- Remove carpet if possible
- Reduce clutter

**Pollen**
- Stay indoors and close the windows when pollen levels are high.
- See your doctor to get allergy medicine.

**Pets**
- Stay away from pets that make your asthma worse.
- Keep pets outside if possible.
- Have someone wash pets weekly.
- Keep pets out of bedroom of person with asthma

**Mold**
- Let fresh air into the room with the mold.
- Have someone clean the mold with bleach and water.
- Fix any water leak to stop mold. Mold likes water.

**Cockroaches/Other Pests**
- Do not leave food or garbage out. Store in airtight containers.
- Use boric acid, baits or traps to get rid of roaches.
- Do NOT use insect sprays. It can be an asthma trigger.

**PHYSICAL ACTIVITY**

**Exercise**
- DO NOT avoid exercise, but try to avoid asthma symptoms when you exercise:
  - If directed by your doctor, use your quick-reliever inhaler (like albuterol) before you exercise.
  - Warm up before exercise and cool down after exercise.
  - Plan indoor activities on high pollen or pollution days.