

What Are Your Asthma Triggers?

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.

What Are Your Asthma Triggers?

☐ THINGS THAT CAUSE ALLERGIES

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.