

# Asthma Triggers

Triggers are things that cause symptoms or bring on asthma attacks. Triggers differ from person to person. What are your triggers?

*Remember to stay away from your triggers. This will help control your asthma!*

## Common Triggers

## How to avoid common triggers



**Irritants:**  
Tobacco smoke  
Cleaning products  
Paints  
Scented products

**Tobacco smoke:**  
Do not smoke. Get help to quit  
Stay away from smokers  
Ask people not to smoke in your home or car  
Let fresh air into your house

**Cleaning products/paints:**  
Avoid being around strong smelling cleansers

**Scented products:**  
Avoid using scented products such as perfume, deodorant, lotions, hairspray, and room deodorizers



**Exercise**

**Exercise-induced asthma:**  
Use asthma medication (albuterol)  
Warm up before exercise  
Breathe through your nose



**Infections:**  
Colds  
Flu  
Sore throat

Get a flu shot  
Keep your body healthy with enough exercise and sleep  
Stay away from people who have colds and flu

## Common Triggers

## How to avoid common triggers



**Allergens:**  
Mold  
Dust  
Animals

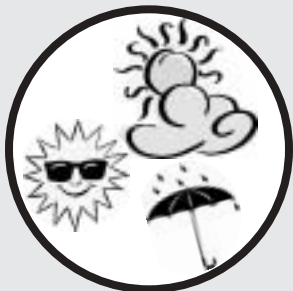
**Pollen:**  
Stay indoors during pollen season  
Avoid using fans

**Mold:**  
Let fresh air into your house

**Dust:**  
Wash bedding and stuffed toys in hot water  
Cover mattresses and pillows in dust proof zippered covers

**Animals:**  
Consider not having pets with fur or feathers  
Keep pets out of your bedroom  
Wash your hands after petting animals

**Food:**  
Discuss food allergies with your doctor or nurse



**Environmental Factors:**  
Weather changes  
Air pollution

**Weather changes**  
Dress for the weather  
When it's cold, breathe through your nose and cover it with a scarf

**Air pollution**  
On bad pollution days, try to stay indoors and close the windows



**Emotions:**  
Anger  
Fear  
Laughter  
Stress

Keep calm by breathing slowly (belly breathing)  
Relax your shoulders and neck muscles