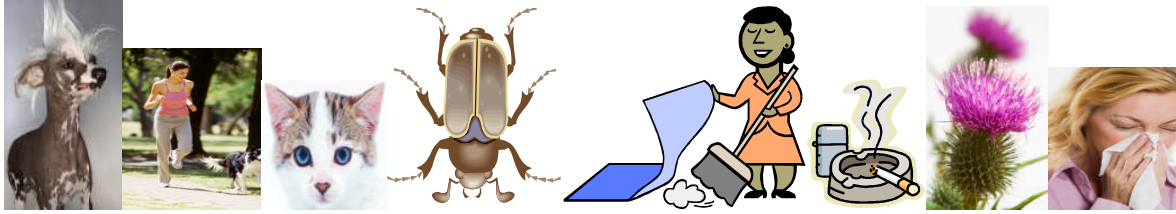


Asthma Triggers



Trigger	Notes	Suggestions
Respiratory infections	Colds and flu are the most common trigger for asthma, especially in children.	<ul style="list-style-type: none"> • Get an annual flu vaccination • Wash hands frequently
Exercise	Exercise can be an asthma trigger, but to stay healthy don't avoid it.	<ul style="list-style-type: none"> • Take quick relief medicine right before exercise • Warm up before exercise
Emotions	Emotions like laughing, crying or stress can cause symptoms.	<ul style="list-style-type: none"> • Take slow deep breaths in and out through nose until calm
Smoke (Tobacco or wood)	Smoke irritates the airways and causes asthma symptoms.	<ul style="list-style-type: none"> • Do not smoke • Do not allow smoking in car or home. • Smoke can linger on clothes and trigger asthma • Avoid wood-burning stoves
Chemicals and fumes	Chemicals in scented and unscented household products, like cleaners, paints, air fresheners, and candles can make your child's asthma worse	<ul style="list-style-type: none"> • Decrease use of these products and try to use only when child not present • Open windows and doors to ventilate and use a fan
Dust Mites	Dust mites are tiny insects too small to see. They live in mattresses, carpets, furniture, linens, and stuffed animals.	<ul style="list-style-type: none"> • Use mattress and pillow covers that block mites • Wash linens and clothing in hot water • Using a HEPA filter vacuum may reduce trigger exposure • Remove stuffed animals from bedrooms
Pests <ul style="list-style-type: none"> • Cockroaches • Rats, mice 	Small pieces of dead roaches and roach droppings settle in household dust and can end up in the air we breathe.	<ul style="list-style-type: none"> • Do not leave food or garbage out • Use poison baits like roach gel or boric acid • Clean up cluttered areas where roaches like to hide • Fix plumbing leaks so pests won't have a place to drink
Mold	Molds release spores into the air that can trigger asthma.	<ul style="list-style-type: none"> • Use fan or open window when cooking or showering • Clean small amounts of mold with bleach and water • Fix plumbing leaks within 48 hours • Seek professional help if leak is larger than 3x3
Pets	Animal dander from pet urine, skin and saliva can trigger asthma.	<ul style="list-style-type: none"> • Consider not having pets if allergic to them • Keep pets out of the bedroom • Wash pets weekly