

# Asthma Triggers

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  - **Everyone has different asthma triggers.**
  - **Find ways to avoid or manage your triggers.**



## **Asthma triggers are things that make your asthma worse.**

Asthma triggers help cause asthma symptoms or severe asthma episodes. Asthma triggers irritate the airways in your lungs. The airways swell and make a lot of mucus, which blocks them and makes it hard to breathe.

## **Everyone has different asthma triggers. Find ways to avoid or manage your triggers.**



Look at the chart below and think about what triggers your asthma. The chart also has suggestions about how you can deal with your 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"> <li>• Get an annual flu vaccination</li> <li>• Wash hands frequently</li> </ul>
Exercise	Exercise can be an asthma trigger, but to stay healthy don't avoid it.	<ul style="list-style-type: none"> <li>• Take quick relief medicine right before exercise</li> <li>• Warm up before exercise</li> </ul>
Emotions	Emotions like laughing, crying, or stress can cause symptoms.	<ul style="list-style-type: none"> <li>• Take slow, deep breaths in and out through nose until calm</li> </ul>
Smoke <ul style="list-style-type: none"> <li>▪ Tobacco smoke</li> <li>▪ Wood smoke</li> </ul>	Tobacco smoke irritates the airways and causes asthma symptoms.	<ul style="list-style-type: none"> <li>• Do not smoke</li> <li>• Do not allow smoking in home or car</li> <li>• Do not allow smoke around children with asthma</li> <li>• Smoke can linger on clothes and trigger asthma</li> </ul>
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"> <li>• Use mattress and pillow covers that block mites</li> <li>• Wash linens and clothing in hot water; use a dryer if possible</li> <li>• Use a HEPA filter vacuum may reduce trigger exposure</li> <li>• Remove stuffed animals from bedrooms</li> </ul>
Pests <ul style="list-style-type: none"> <li>▪ Cockroaches</li> <li>▪ Rats, mice</li> </ul>	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"> <li>• Do not leave food or garbage out</li> <li>• Use poison baits like roach gel or boric acid</li> <li>• Clean up cluttered areas where roaches like to hide</li> <li>• Fix plumbing leaks so pests won't have a place to drink</li> </ul>
Mold	Molds release spores into the air that can trigger asthma.	<ul style="list-style-type: none"> <li>• Use fan or open window when cooking or showering</li> <li>• Clean small amounts of mold with bleach and water</li> <li>• Fix plumbing leaks within 48 hours</li> <li>• Seek professional help if mold is bigger than 3' by 3'</li> </ul>
Pets	Animal dander from the pets urine, skin, and saliva can trigger asthma.	<ul style="list-style-type: none"> <li>• Consider not having pets if allergic to them</li> <li>• Keep pets out of the bedroom</li> <li>• Wash pets weekly, preferably by a person without asthma.</li> </ul>

