

ASTHMA TRIGGERS

Asthma triggers are different for everyone. It's important to learn what your child's asthma triggers are and learn to avoid them.

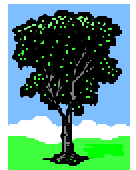
Infection = #1 Asthma Trigger

- Colds
- Bronchitis
- Tonsillitis
- Sore throats



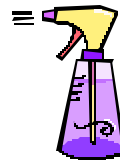
Allergies

- Pollens from grass and trees
- House dust mites
- Dander, hair, or feathers from furry or feathered animals
- Cockroaches
- Molds (indoor and outdoor)
- Foods



Irritants

- Changes in weather and temperature
- Cigarette smoke, wood smoke
- Incense, candles
- Air pollution
- Cleaning products
- Hair spray, make-up, talcum powder
- Spray deodorants
- Paints and solvents
- Strong odors (perfume, cologne)



Behaviors

- Exercise
- Showing strong feelings (crying, laughing hard, shouting)



AVOIDING COMMON ASTHMA TRIGGERS



Infection:

Get flu shot & Wash Hands Often



Smoke:

Don't smoke in home or car
Use smoking jacket when smoking outside



Pets:

Keep pets out of house and especially bedroom

Dust mites:

Wash bedclothes once a week in hot water
Use mattress & pillow covers



Strong Odors:

Avoid using products with strong odor
Reduce amount of products that you use

Mold:

Fix water leaks and keep humidity low



Pests:

Use traps to reduce mice and roaches
Call exterminator



For more information about how to avoid asthma triggers, look at p7 of "My Asthma Guide" included in your packet.