



Controlling Asthma in American Cities Project: Minneapolis / Saint Paul

Asthma Triggers

What is an asthma trigger? Triggers are either irritants or allergens which can start asthma symptoms.

Irritants: Things that may bring on asthma symptoms



Tobacco smoke is a potent trigger for asthma and upper respiratory tract infections. Even being in a home or car where smoke lingers can bring on an asthma episode.



Strong odors such as perfumes, room deodorizers, cleaning chemicals, paint, and talcum powder are examples of triggers that should be avoided.

Dust and Chalk Dust



Hot or Cold Air



Allergens: An allergy is a super-sensitivity to particles include:
animal dander from cats and dogs

Dust mites



Pollen / Grasses



Certain foods / drugs such as peanuts, shrimp, tree nuts, fish, Sulfites, Aspirin

Other Triggers include:

Exercise – with use of warm up exercises and inhaled bronchodilator before exercise, most people can exercise normally.



Viruses (or colds)



Strong Emotions

