











Asthma Trigger Sheet

An asthma attack can occur when you are exposed to things in the environment such as house dust mites and tobacco smoke. These are called asthma triggers. Some of the most important triggers are listed to the right with additional guidelines in the section titled "Important Asthma Triggers."

Asthma Trigger	What you can do?
Outdoor Air Pollution/Irritants 	<ul style="list-style-type: none"> ➤ Pay attention to air quality forecasts and plan your activities for when air pollution levels will be low if. ➤ Avoid irritants such as: <ul style="list-style-type: none"> ○ Perfume, cosmetics, strong cleaning products, paints, aerosols, & new carpeting or furniture w/ odors
Cockroach Allergen 	<ul style="list-style-type: none"> ➤ Remove as many water and food sources as you can because cockroaches need food and water to survive. ➤ Vacuum or sweep areas that might attract cockroaches at least every 2 or 3 days. ➤ Use roach traps or gels to decrease the number of cockroaches in your home.
Pets 	<p>Pets can trigger an attack.</p> <ul style="list-style-type: none"> ➤ Find a new home for your pet or ➤ Keep pet(s) out of the bedroom and living areas ➤ Bathe pets weekly ➤ Keep outside as much as possible. ➤ Vacuum carpets often ➤ Damp mop hard floor surfaces every week.
Mold 	<p>Mold, inhaled or breathed in, can cause an asthma attack.</p> <ul style="list-style-type: none"> ➤ Keep the humidity level in your home between 35% and 50%. ➤ Use an air conditioner or a dehumidifier or both. ➤ Fix water leaks
Emotions	<p>Stress and anxiety can trigger an attack.</p> <ul style="list-style-type: none"> ➤ Use relaxation techniques ➤ Provide reassurance
Exercise 	<p>Asthma should not stop you doing any type of exercise as long as you:</p> <ul style="list-style-type: none"> ➤ Consult your doctor ➤ Keep your asthma well controlled ➤ Take the correct medicine ➤ Work up to your sport gradually.
Cold & Flu 	<p>Ways to avoid colds & flu:</p> <ul style="list-style-type: none"> ➤ Wash hands ➤ Avoid people with colds or the flu ➤ Get a flu shot
Foods/additives 	<ul style="list-style-type: none"> ➤ Avoid foods that trigger attacks ➤ Consult your doctor
Pollen 	<ul style="list-style-type: none"> ➤ Avoid outdoors when pollen counts are high ➤ Avoid outdoor activities that produce high amounts of pollen (lawn work)
Important Asthma Triggers	
Environmental Tobacco Smoke (Secondhand Smoke) 	<ul style="list-style-type: none"> ➤ Parents, friends, and relatives of children with asthma should try to stop smoking and should never smoke around a person with asthma. ➤ Smoke outdoors and not in the family home or car. ➤ Avoid smoky places
Dust Mites/Dust 	<p>Dust mites are in almost everybody's home, but they don't cause everybody to have asthma attacks.</p> <ul style="list-style-type: none"> ➤ Use mattress covers and pillow case covers ➤ Don't use down-filled pillows, quilts, or comforters. ➤ Remove stuffed animals and clutter from your bedroom. ➤ Damp mop hard floor surfaces every week.