

Asthma Triggers

Pay attention to things that seem to make your asthma worse—these are called triggers. Avoid these triggers if you can. Talk to your doctor if you have any questions about your asthma or your triggers.

☐ Smoke

- If you smoke, get help to quit.
- Don't allow smoking in the house or car.
- Make sure wood-burning stoves and fireplaces are well ventilated.

☐ Dust Mites

- Keep mattresses and pillows in dust-proof covers.
- Wash your sheets and blankets each week. Use very hot water.
- Remove stuffed toys from the bedroom, or wash them weekly in hot water.
- Vacuuming may stir up dust. Stay out of rooms that are being vacuumed.
- Take wall-to-wall carpet out of the bedroom. Tile, vinyl, or wooden floors are better. Use throw rugs that can be washed regularly.

☐ Pets

- Keep pets with fur or feathers out of your bedroom, or home, if possible.
- Give your pets a bath to reduce dandruff triggers.

☐ Cockroaches

- Don't keep food in your bedroom.
- Keep food and garbage sealed.

☐ Mold

- Fix leaky faucets and pipes.
- Clean moldy surfaces with bleach.
- Keep shower curtains clean.



☐ Strong Odors

- Avoid perfume, talcum powder, aerosol sprays like hair spray or insect spray, and strong-smelling cleaning products.

☐ Weather

- On cold days, cover your nose and mouth with a scarf to avoid breathing in cold air.

☐ Pollen

- Stay inside and keep windows closed when pollen levels are high.

☐ Exercise

- Ask your doctor if you should take asthma medicine before you exercise.

☐ Colds

- Avoid people with colds.
- Get plenty of rest.
- Drink plenty of fluids.

☐ Stress

- Try to stay calm and breathe slowly.
- Focus on things that keep you calm or happy.