



Asthma Triggers

Triggers are things that bother sensitive airways and lead to asthma episodes. Triggers can include allergens and irritants. Not all triggers affect people the same way, so it is important for everyone with asthma to know their triggers and ways to avoid them.

Allergens	
Dust Mites 	Dust mites are tiny bugs that live in and eat dust Possible Solutions: <ul style="list-style-type: none"> • Use dust mite-proof mattress and pillow covers • Wash sheets and stuffed animals regularly • Remove rugs or carpets
Animals with Fur or Feathers 	Animals with fur produce dander (dried saliva and skin cells) Possible Solutions: <ul style="list-style-type: none"> • Keep animals out of bedrooms and off of upholstered furniture
Mold 	Mold grows in areas that are dark, wet, or humid Possible solutions: <ul style="list-style-type: none"> • Fix source of mold and clean with bleach solution (10 parts water to 1 part bleach)
Pollen 	Pollen travels through the air and comes into the home at certain times of the year Possible solutions: <ul style="list-style-type: none"> • Keep windows closed and avoid being outside on days with high pollen levels
Cockroaches 	Many people are allergic to cockroaches Possible solutions: <ul style="list-style-type: none"> • Keep food and garbage sealed. Avoid eating in the living room and bedroom • Use gels and roach motels instead of sprays which can trigger asthma

Irritants	
Smoke 	Smoke in any form can irritate the airways Possible solutions: <ul style="list-style-type: none"> • Do not allow smoking in the house • Avoid fireplaces
Pollution 	Outdoor air pollution can irritate the airways Possible solutions: <ul style="list-style-type: none"> • Limit physical activity outside on days with bad air quality. Check www.airnow.gov for daily forecasts
Strong Odors 	Perfumes and cleaning products can make asthma worse Possible solutions: <ul style="list-style-type: none"> • Avoid using strong perfumes, aerosol sprays, candles, and cleaning products with strong odors
Other Triggers	
Weather 	<ul style="list-style-type: none"> • Cold air can dry out airways and trigger asthma. Cover your mouth and nose on cold days. • Hot, humid days have more pollen and pollution in the air. Stay indoors.
Exercise 	Exercise can trigger asthma symptoms Possible solutions: <ul style="list-style-type: none"> • Talk to your healthcare provider about using your quick-relief inhaler 15 minutes before exercising
Infections 	A cold or the flu can make controlling your asthma hard Possible solutions: <ul style="list-style-type: none"> • Get a flu shot every year • Wash hands frequently
Emotions 	Emotions change breathing patterns Possible solutions: <ul style="list-style-type: none"> • Always keep asthma in good control and carry quick relief inhaler