

Asthma Triggers

Triggers are things that make asthma flare up or not be controlled. This information may help you recognize triggers and lower the risk that your child is exposed to those triggers. It is important to watch and learn what triggers your child's asthma.



Smoke:

Cigarettes, cigars, marijuana, wood burning fireplaces, campfires, barbecue grills, e-cigarettes



Weather:

Cold weather, very hot weather, very fast changes in weather, very windy days, high ozone days



Illness and infections:

Colds, flu, sinus, viral, or ear infections



Irritants:

Strong smells or odors like perfume, candles, air fresheners, cleaners, barbecue grilling, car exhaust or fumes, ozone



Exercise:

Running and playing



Allergens:

Mold, pets with fur or feathers, dust mites, roaches, pollens from trees, grasses and weeds



Emotions:

Laughing or crying

How Can You Reduce Asthma Triggers?

Smoke

- Do not let anyone smoke around your child, in your home or in your car — even if your child is not there.
- Keep your child away from campfires, wood burning fireplaces and barbecue grill smoke.

Dust mites

- Vacuum and dust your furniture, carpets and your child's room weekly. Do this when your child is not present.
- Allergy proof bed covers: Use allergy-proof mattress cover and pillow covers if your child is allergic to dust mites. Limit or avoid drapes or curtains.
- Clean bedding: Wash your child's sheets and other bedding in HOT water (130°F) every week.
- Air filter: Change the air filter for your heat and AC system every 1-3 months.

Roaches

- Fix leaks and prevent or clean up standing water that attracts roaches.
- Put food away immediately in sealed containers.
- Use roach bait traps, gels or foam to get rid of roaches. Do not use sprays when your child is home.
- Use plastic container boxes instead of cardboard boxes for storage. Cardboard boxes can attract roaches.

Strong smells

- Do not use cleaning products when your child is home.
- Avoid sprays, perfumes, air fresheners, candles and paints.

Exercise

- If running or playing triggers your child's asthma, talk with your child's doctor or other health care provider about using the reliever (rescue) medicine 10 to 15 minutes before they exercise or play.

Sulfites

- This is a chemical that is added to many foods and may cause asthma symptoms.
- Read food labels so you don't give these if your child is allergic to sulfites.

Weather

- Know the weather: Watch the weather report for changes in temperature or humidity.
- Cold, dry air: This weather can trigger asthma for some children. Have your child wear a scarf over the nose and mouth to warm the air.
- Pollen: Keep windows and doors closed when the pollen count is high. Use the air conditioner to keep air clean. Find your local allergy forecast at www.pollen.com
- Ozone alerts: Keep your child inside on high ozone days. Find the ozone forecast for your area at www.airnow.gov

Pets

- Avoid animals with fur or feathers.
- If you have pets, do not allow them to go into your child's room or get on furniture or carpeting.

Put a check mark next to your child's asthma triggers and share this with your child's doctor or other health care provider.

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| <input type="checkbox"/> Cigarette, cigar or marijuana smoke | <input type="checkbox"/> Mold |
| <input type="checkbox"/> E-cigarettes or vaping | <input type="checkbox"/> Cats, dogs and other warm blooded animals |
| <input type="checkbox"/> Very hot or cold weather | <input type="checkbox"/> Pollen from trees, grass or weeds |
| <input type="checkbox"/> Fast changes in weather | <input type="checkbox"/> Emotions like crying or laughing |
| <input type="checkbox"/> Illnesses like colds, flu, viral, sinus or ear infections | <input type="checkbox"/> Dust mites |
| <input type="checkbox"/> Strong smells like perfume, air fresheners or cleaning products | <input type="checkbox"/> Roaches |
| <input type="checkbox"/> Grill or barbeque smoke | |
| <input type="checkbox"/> Car exhaust | |
| <input type="checkbox"/> Ozone/air pollution | |
| <input type="checkbox"/> Running and playing | |