

Asthma Triggers

Irritants	
Smoke	<input type="checkbox"/> Avoid smoke from cigarettes, BBQs and fireplaces. <input type="checkbox"/> When traveling ask for a non-smoking room or car.
Smog	<input type="checkbox"/> Watch local air quality reports, and wear a mask or avoid going outdoors on bad air days. <input type="checkbox"/> Keep in mind a flare-up can also happen the day after a bad air day, so be prepared.
Strong odors	<input type="checkbox"/> Use scent-free products when possible and avoid bleach, ammonia and oven cleaners. <input type="checkbox"/> Avoid perfumes, candles, potpourri, and other strongly-scented air fresheners.
Other irritants	<input type="checkbox"/> Wear a mask when sanding, dusting, sweeping, or doing yard work. <input type="checkbox"/> Use pump spray instead of aerosol cans. <input type="checkbox"/> Instead of using spray cleaners, use ones you can pour.
Allergens	
Dust mites	<input type="checkbox"/> Use allergen barrier products in the bedroom, such as pillowcases and mattress covers. <input type="checkbox"/> Wash bedding weekly in hot water.
Stuffed toys	<input type="checkbox"/> Avoid keeping stuffed animals on your child's bed. <input type="checkbox"/> Place stuffed animals in the freezer overnight to clean them if you don't want to wash them.
Animals	<input type="checkbox"/> Choose a pet with no fur or feathers. <input type="checkbox"/> Keep furry pets out of the sleeping area.
Mold	<input type="checkbox"/> Clean damp areas, such as showers and sinks, weekly. <input type="checkbox"/> Avoid vaporizers, humidifiers and swamp coolers – use air conditioners instead.
Pollen	<input type="checkbox"/> Ask your doctor whether you should be tested for allergies. <input type="checkbox"/> Wear a mask when outdoors, especially on high pollen days. (http://pollen.aaaai.org/nab/)
Cockroaches	<input type="checkbox"/> Keep your kitchen clean and dry, and store food in airtight containers. <input type="checkbox"/> Remove trash from home daily.
Miscellaneous	
Weather	<input type="checkbox"/> Know what type of weather triggers you: hot, humid, cold, windy, or drops in barometric pressure. <input type="checkbox"/> Limit outdoor activity during weather that affects you. Wear a scarf in cold temperatures.
Colds, flu, sinus infections	<input type="checkbox"/> Wash hands often, get plenty of rest and eat a balanced diet. <input type="checkbox"/> Get a flu shot every year.
Food additives	<input type="checkbox"/> Avoid sulfites if you are sensitive to them – they are found in wine, beer, dried fruit, and some lunch or cured meat. <input type="checkbox"/> Check with your doctor if you notice a certain food making your asthma worse.
Medications	<input type="checkbox"/> Talk with your doctor about possible side effects from medication that might be making your asthma worse. <input type="checkbox"/> Talk with your doctor if you have questions about taking over-the-counter medications.
Emotions	<input type="checkbox"/> Laughing, crying or feeling stress (positive or negative) can cause flare ups, so remember to take your daily medications. <input type="checkbox"/> Use your rescue inhaler and try breathing exercises to calm yourself down.
Exercise	<p><i>This is the only trigger you should not avoid! Talk with your doctor before starting an exercise program.</i></p> <input type="checkbox"/> Always carry your inhaler with you and talk with your doctor about medication use before exercising. <input type="checkbox"/> Know when to avoid exercise, such as during low peak flows, and when you have cold and flu symptoms.

This document is for general information only and is not intended as a substitute for professional medical care.