

# Asthma triggers

## How to avoid them

### Common triggers



#### Exercise

- Pre-treat with albuterol if needed.
- For exercise, do warm-ups and cool-downs. Cover nose/mouth with scarf in cold weather.



#### Smoking

- No smoking allowed near children.
- If you smoke, until you quit, don't smoke in your home or car.
- While smoking outside wear covering over clothes.
- Leave covering outside and wash hands when entering home.



#### Illness

- Frequent hand washing when ill.
- Avoid touching eyes, nose, or mouth.
- Get a flu shot yearly.



#### Cold air

- Cover nose and mouth with scarf on cold/windy days.
- Pre-treat with albuterol if needed.

### Allergy testing for these triggers

#### Grass, flowers, trees



- Limit outdoor time if grass pollen count is high.
- Keep windows/doors closed. Use A/C.
- Change clothes, bathe and wash hair after outdoor activities.
- Use clothes dryer instead of outdoor clothes line.



#### Mites

- Wash bedding in hot water weekly.
- Allergy-proof covers pillows/mattresses.
- Use vacuum w/HEPA filter.
- Dust with damp cloth.
- Declutter your home.
- Remove stuffed toys from bedroom or put in freezer for 48 hours weekly.
- Change A/C filter regularly.



## Pets

- Keep pets outside if possible.
- Keep out of bedroom.
- Keep off furniture. Vacuum/dust frequently.
- Find another home for furry/hairy pets.



## Roaches

- Cover trash cans tightly.
- Store food and pet food in airtight containers.
- Keep counters, stove top, table, floors clean.
- Fix water leaks, roaches like dampness.
- Use roach bait, traps, or boric acid.
- Seal cracks in walls and floors.

## Other triggers



## Cleaners

- Use unscented cleaners or dilute with water.
- Have good air circulation.
- Keep child away from cleaning area.
- Avoid strong smell air fresheners and incense.



## Perfume

- Avoid using around child.
- Limit use of perfumed products.



## Car fumes

- Use milder scents or none at all.
- Avoid fumes from cars, trucks, buses, etc.
- Use air conditioning and keep inside-air circulation turned on in car.



## Mold

- Fix water leaks.
- Clean mold on tiles, bathtubs, glass, and countertops with bleach and water.
- Mold on walls/ceiling may need cleaning by professional .



## Paint fumes

- Have good air circulation.
- Paint outside if possible.
- Keep child away from area.
- Use low or no VOC paint.
- Volatile Organic Compounds are harmful chemicals.



## Smog

- Check weather report for high ozone/pollution days.
- Limit outdoor time if ozone is yellow, orange, or red.
- Keep windows/doors closed & use A/C.

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.