Asthma

Your Triggers

1. Understand
2. Manage
3. Monitor
Manage Your Asthma: Triggers

Asthma is a common disease you have to manage every day. It can lead to serious health problems.

When you have asthma, your lungs and airways are easily irritated. Triggers are things that irritate your asthma. Triggers make your asthma symptoms worse.

Controlling your triggers can help you manage your asthma symptoms and make it easier to breathe. Here are some common triggers and ways to control them.

**INDOOR**

**Dust or dust mites:** Clean objects in your home that collect dust. Keep your floors and counters clean. Change your bedding weekly.

**Roaches:** Roaches are attracted to food and water. Make sure to always get rid of old food and garbage. Fix leaking faucets.

**Mold:** Mold appears as dark spots in your shower, under sinks and cabinets, on walls, or in the basement. Keep these areas clean and dry to reduce mold.

**Pets:** If cats, dogs, or other pets bother your asthma, try to avoid being near them. If you have pets, keep them out of your bedroom.

**Strong odors:** Sprays, paints, perfumes, and cleaning supplies can have strong odors. If you are in a room that has strong smells, open a window or leave.
**OUTDOOR**

**Pollen:** Pollen is made of tiny grains that come from trees, flowers, grasses, weeds, or plants. There is more pollen in the air on hot, dry, and windy days. Stay indoors as much as you can on hot, dry, and windy days.

**Cold air:** If you must go outside when it's cold, bundle up. Cover your mouth and nose. Talk to your doctor about asthma medicine you can use before going into the cold.

**YOUR BEHAVIOR**

**Cigarette smoke:** Do not smoke. Avoid being around others when they are smoking.

**Exercise:** Staying active is very important to being healthy and in control of your asthma. However, some types of exercise may cause asthma symptoms. Talk to your doctor to see what exercises you can do. Find out if you should use your medicine before you exercise.

**YOUR HEALTH**

**Sickness:** Wash your hands often. Limit your time with others who may be sick. Talk with your doctor about other ways you can stay healthy.

**Heartburn:** Heartburn is also called acid reflux. Talk with your doctor about treatment for your heartburn.

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**Triggers make your asthma worse.**

- Keep your home clean.
- Limit your time outside on hot, dry, windy days and when it is very cold.
- Don't smoke. Do your best to stay healthy.
- Talk to your doctor about what's most important for you.

**Review**