

Asthma Triggers

Pay attention to things that seem to make your asthma worse—these are called triggers. Everyone's triggers are different. Your goal is to know your triggers and how to stay away from them when possible.

Smoke

- If you smoke, get help to quit.
- Don't allow smoking in the house or car.
- Make sure wood-burning stoves and fireplaces are well ventilated.

Dust Mites

- Keep mattresses and pillows in dust-proof covers.
- Wash your pillows, sheets, and blankets each week. Use very hot water.
- Remove stuffed toys from the bedroom, or wash them weekly in hot water.
- Stay out of rooms that are being vacuumed.
- Take rugs or carpets out of the bedroom.

Pets

- Don't keep pets with fur or feathers in your bedroom or home.

Cockroaches

- Don't keep food in your bedroom.
- Keep food and garbage sealed.

Mold

- Fix leaky faucets and pipes.
- Clean moldy surfaces with bleach.
- Keep shower curtains clean.



Strong Odors

- Avoid perfume, talcum powder, aerosol sprays like hair spray or insect spray, and strong-smelling cleaning products.

Weather

- On cold days, cover your nose and mouth with a scarf or wear a turtleneck.

Pollen

- Stay inside and keep windows closed when pollen levels are high.

Exercise

- Ask your doctor if you should take asthma medicine before you exercise.

Colds

- Avoid people with colds.
- Get plenty of rest.
- Drink plenty of fluids.

If you can't stay away from your triggers,
talk with your doctor to find ways to manage them.