

# Asthma Triggers

**It is very important for you to find out what your child's asthma triggers are  
and learn ways to avoid them.**

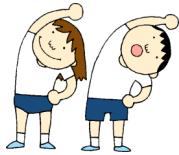
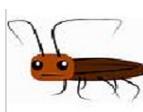
With asthma, your child's airways are very sensitive. Things, called triggers, may cause them to become swollen, tighten up and make more mucus. These triggers may make asthma symptoms worse and can keep your child from getting better. Your child might not be bothered by all of the triggers on this list. Remember to keep your child's rescue inhaler with them at all times!

Trigger	Suggestions
<p>Colds and infections</p>  <p>Colds and flu are the most common trigger for asthma, especially in children</p>	<ul style="list-style-type: none"><li>Avoid people with colds or the flu if possible.</li><li>Get rest, eat a balanced diet, and exercise.</li><li>Talk to your doctor about getting a flu shot.</li><li>Do not give your child over-the-counter cold remedies, such as antihistamines and cough syrup, unless you talk to your doctor first.</li></ul>
<p>Tobacco and other smoke</p>  <p>Tobacco smoke and wood smoke irritate the airways and cause asthma symptoms</p>	<ul style="list-style-type: none"><li>Do not smoke. Smoke makes asthma worse.</li><li>Do not let anyone smoke in the house or car.</li><li>Do not use wood burning stoves, fireplaces or kerosene heaters</li></ul>

# Getting Rid of Asthma Triggers

Trigger	Suggestions
<p>Strong odors and sprays</p>  <p>Strong odors and sprays can irritate the airways and trigger an asthma attack</p>	<ul style="list-style-type: none"><li>Do not use perfume and perfumed cosmetics such as talcum powder or hair spray.</li><li>Do not use air fresheners, scented candles, or incense.</li><li>Use non-scented household cleaning products.</li><li>Reduce strong cooking odors (especially frying). Use an exhaust fan and open windows.</li><li>Stay indoors when the air pollution level is high.</li><li>Do not stay in your home while it is being painted. Allow enough time for the paint to dry before returning.</li></ul>
<p>Emotions</p>  <p>Emotions like laughing, crying or stress can cause symptoms</p>	<ul style="list-style-type: none"><li>Have a rescue inhaler ready when your child is laughing, screaming or crying. These may trigger coughing or wheezing.</li></ul>

# Getting Rid of Asthma Triggers

Trigger	Suggestions
<p>Exercise</p>  <p>Exercise can be an asthma trigger, but to stay healthy, don't avoid it</p>	<ul style="list-style-type: none"><li>• Make a medicine plan with your doctor that lets your child exercise without symptoms.</li><li>• If exercise is one of your child's triggers, have them take their rescue medicine 15 minutes before exercising.</li><li>• Teach your child to warm up before and cool down after exercising.</li></ul>
<p>Weather</p>  <p>Changes in weather, whether hot, cold, humid or windy can cause asthma symptoms</p>	<ul style="list-style-type: none"><li>• Have your child wear a scarf over their mouth and nose in cold weather, or if wearing a turtle neck you can pull it up to block cold air.</li><li>• Dress your child warmly in the winter or on windy days.</li></ul>
<p>Cockroaches</p>  <p>Small pieces of dead roaches and roach droppings settle in the household dust and can end up in the air we breathe</p>	<ul style="list-style-type: none"><li>• Have someone else spray your home for insects while you are outside. Air out the home for a few hours after spraying.</li><li>• Use cockroach traps.</li></ul>

# Getting Rid of Asthma Triggers

Trigger	Suggestions
<p>Animal Dander</p>  <p>Animal dander from pets, urine, skin and saliva can trigger asthma attacks</p>	<ul style="list-style-type: none"><li>• Keep animals outside. If that is not possible, keep animals away from the bedroom and off of furniture.</li><li>• Try to stay away from other homes with pets.</li><li>• Take quick relief medicine before going places where there are animals.</li><li>• Choose a pet without fur or feathers, such as a fish or a snake.</li><li>• Do not use products made with feathers such as pillows and comforters.</li></ul>
<p>Indoor Molds</p>  <p>Molds release spores into the air that can trigger asthma</p>	<ul style="list-style-type: none"><li>• Keep bathrooms, kitchens and basements well-ventilated.</li><li>• Clean bathrooms, kitchens, and basements regularly.</li><li>• Do not use humidifiers.</li><li>• Use dehumidifiers for damp basement areas.</li></ul>

# Getting Rid of Asthma Triggers

Trigger	Suggestions
<p>Dust</p>  <p>Dust mites are tiny insects that are too small to see. They live in mattresses, carpets, furniture, linens, and stuffed animals</p>	<ul style="list-style-type: none"><li>Reduce rugs, stuffed toys, and carpets in bedrooms and living areas.</li><li>Remove stuffed animals from bed for those with dust mite allergies.</li><li>Place stuffed animals in plastic bags and place in the freezer for several hours to kill dust mites.</li><li>Use shades or washable curtains.</li><li>Put zippered dust mite covers on mattresses and pillows.</li><li>Use washable blankets and bedspreads.</li><li>Use hypoallergenic pillows and blankets.</li></ul>
<p>Outdoor Pollens and Molds</p>  <p>Pollens from plants, grasses and trees can occur during different times of the year. Sensitivity to various outdoor triggers can cause symptoms</p>	<ul style="list-style-type: none"><li>Stay indoors during the midday and afternoon when the pollen count is high.</li><li>Use air conditioning.</li><li>Keep windows closed during seasons when pollen and mold are highest.</li><li>Avoid moldy items such as wet leaves.</li></ul>

# Getting Rid of Asthma Triggers

## **What can I do in my house to help with reducing triggers?**

Follow these ideas for keeping your house clean and free of triggers:

### **Weekly**

- Damp mop floors
- Wash sheets and pillows on hot cycle
- Vacuum

### **Monthly**

- Wipe walls, baseboards, shelves and furniture with a damp cloth.

