



Asthma Triggers

Asthma Triggers are things that make asthma flare-up.

Below is a list of the most common triggers.

Work with your child's doctor to identify specific triggers for your child.

	Trigger	Notes	Suggestions
<input type="checkbox"/>	Exercise	All children need to exercise to stay healthy.	<ul style="list-style-type: none"> Take quick-relief medicine before exercise. Warm up before exercise.
<input type="checkbox"/>	Respiratory Infections	Colds and flu are the most common triggers in children.	<ul style="list-style-type: none"> Get a flu shot every year. Wash hands often. Do not use over-the-counter cough medicines.
<input type="checkbox"/>	Smoke/ Vape (tobacco and wood)	Smoke irritates the airways and causes asthma symptoms.	<ul style="list-style-type: none"> Do not allow smoking in home or car. Smoke can linger on clothes, linens, and furniture. For cessation assistance: call 1-800-784-8669 (1-800-QuitNow) www.quitnowalabama.com.
<input type="checkbox"/>	Dust mites	Dust mites are tiny insects (too small to see) that live in mattresses, bedding, carpets, and stuffed animals. All homes have dust mites.	<ul style="list-style-type: none"> Use mattress and pillow covers that block mites. Wash bedding and clothing in hot water weekly. Remove stuffed animals from bedroom. Dust furniture and vacuum floors weekly. Dust and vacuum when your child is not present. Remove carpet, if possible.
<input type="checkbox"/>	Emotions	Emotions like laughing, crying, or stress can trigger asthma.	<ul style="list-style-type: none"> Take slow, deep breaths in and out through your nose. Use quick-relief medicine if needed.
<input type="checkbox"/>	Indoor temperature/ weather changes	Being too hot or too cold can make asthma flare-up.	<ul style="list-style-type: none"> When it's hot, play outside before noon. When it's cold, wear a scarf or shirt over your mouth when you first go outside.
<input type="checkbox"/>	Molds	Molds release spores into the air that can trigger asthma. Molds are present both inside and outside and grow best in areas with a lot of moisture.	<ul style="list-style-type: none"> Indoor: Use fan when cooking or showering. Repair leaky pipes and faucets quickly. Avoid humidifier use. Outdoor: Avoid children raking and playing in wet leaves.
<input type="checkbox"/>	Pests (cockroaches, rats and mice)	Small pieces of pests and pest droppings settle in household dust and end up in the air we breathe.	<ul style="list-style-type: none"> Only eat in the kitchen and don't leave food out. Use poison baits or pest plug-ins. Fix plumbing leaks so pests won't have a place to drink.
<input type="checkbox"/>	Animals	Animal dander from pets' urine, skin, and saliva can trigger asthma.	<ul style="list-style-type: none"> Keep your child away from these animals. Especially keep pets out of child's bedroom. Wash pets weekly.
<input type="checkbox"/>	Pollen	Pollens are particles in the air that come from trees, grass, and weeds. Many people are allergic to these particles.	<ul style="list-style-type: none"> Keep windows closed and use air conditioner. Shower, wash hair, and change clothes after outdoor play. Play outdoors before noon.
<input type="checkbox"/>	Strong odors	Cleaning supplies, perfume, hair products, candles, and paints can cause asthma flare-ups.	<ul style="list-style-type: none"> Avoid using perfume or heavily scented products. Only use cleaning supplies and other products with a strong odor when the person with asthma is not present.