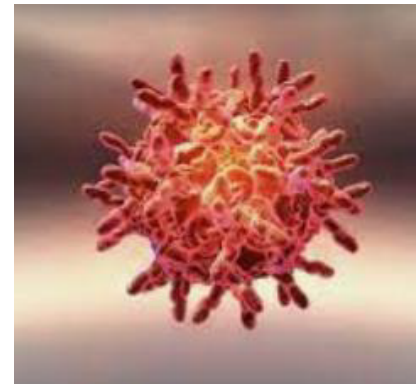


What are asthma triggers?:

Asthma symptoms can appear when you are exposed to a trigger. A trigger is something you are sensitive to that makes your airways become inflamed. This causes swelling, mucus production, and narrowing in your airways. Common asthma triggers are dust mites, mice, cockroaches, animal allergens, molds, exercise, scents/fragrances, certain gases, smoke, viruses, air pollution and weather.



What are some of your child's asthma triggers?

Dust Mites:

- Use bed casing
- Wash linens in hot water
- Remove stuffed toys

Mice/Cockroaches:

- No food in bedroom
- Food and water in closed containers
- Plug holes in walls and doors

Pets:

- Limit exposure to pets if allergic
- No pets in bedroom

Second Hand smoke:

- Limit exposure
- No smoking in home or car
- Quit smoking q Water and vinegar

Mold:

- Fix leaky faucets
- Clean mold areas with vinegar

Exercise and Physical Activity

Respiratory Infections

- Cold

- COVID
- Flu
- Pneumonia

Weather

- Dry wind, cold air, or sudden changes in weather or temperature can sometimes bring on an asthma episode.