

Asthma Triggers

Pay attention to things that seem to make your asthma worse—these are called triggers. Avoid these triggers if you can. Talk with your healthcare provider if you have any questions about your asthma or your triggers.



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, or avoid use, if possible



Dust Mites

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



Cockroaches

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



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
- Warm up before you exercise



Strong Odors

- Avoid perfume, powders, 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 to avoid breathing in cold air



Pets

- Keep pets with fur or feathers out of your bedroom, or home, if possible
- Give your pets a bath to reduce dander



Mold

- Fix leaky faucets and pipes
- Clean moldy areas, including shower curtains
- Keep basement areas dry



Colds

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



Stress

- Try to stay calm and breathe slowly
- Focus on things that keep you calm or happy

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



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