



Calgary COPD & Asthma Program

Dedicated to *Respiratory Care, Education & Research.*

www.ucalgary.ca/asthma

(Print out this list and check off your triggers. Bring it with you to discuss with your health care provider)

A personalized list of COPD triggers for: _____

☐ Air pollution, smog

☐ Cold, dry air

☐ Infections/colds/viruses

☐ Strong fumes, scented products, perfume

☐ Second-hand smoke

☐ Hot/Humid air

☐ Emotion/anxiety/stress

