

# Avoid Your Triggers

## Asthma Triggers

## What Can You Do?



### Tobacco Smoke

Don't smoke. Never allow smoking in your home or car.



### Colds & Flu

Wash hands often. Follow your Asthma Action Plan at the first sign of a cold or flu.



### Pet Dander

Avoid pets with fur, hair or feathers. Wash pets regularly.



### Pollen

Close windows during pollen season (Spring and Fall). Use air conditioning in your car or home. Avoid freshly cut grass.



### Mould

Avoid rotting leaves, garden waste and brown grass in the Spring and Fall. Keep humidity below 50% in your home. Keep bathrooms and basements dry.



### Dust Mites

Wash bedding in hot water. Vacuum and dust often. Use mite-proof covers for pillows and mattresses.



### Strong Smells

Avoid fumes and chemicals when you can.



### Weather

Changes in the weather can trigger asthma. Stay inside when outside weather may trigger your asthma.



### Air Pollution

Stay indoors when air quality may trigger your asthma. Avoid campfire smoke.



### Emotions

Try to avoid stressful situations. Learn to manage stress.

## Activity



Exercise regularly for good health. Use your reliever medicine 10-15 minutes before exercise if you need it.