

ASTHMA TRIGGERS

An asthma trigger is a thing, activity or condition that makes asthma worse. When you encounter a trigger it can cause a sudden worsening of symptoms, often called an asthma attack, episode or flare-up.

Common asthma triggers include respiratory infections, allergens, weather, irritants, exercise and emotions. Knowing what causes your asthma symptoms is an important step toward controlling your asthma. Allergy testing may help you identify your triggers. Your health care provider can help you recognize what makes your asthma worse, and help find simple solutions to reduce and avoid asthma triggers.



Trigger

What you can do about it...



Exercise: take your quick-relief before sports or exercise to prevent symptoms if directed by your health care provider. Warm up/coll down for 5-10 minutes before and after sports or exercise.



Dust mites: Get special dust mite-proof covers for your pillows and mattresses. Wash sheets and blankets in hot water every week. Wash stuffed animals frequently and dry completely. Use a high quality furnace filter. Avoid having carpeting, if you can, or vacuum weekly with a High Efficiency Particulate Air (HEPA) filter vacuum cleaner.



Pollution: Follow daily air quality forecasts at www.pca.state.mn.us/air/current-air-quality.



Pollen: Try to keep your windows closed during pollen season and when mold counts are high. Plan to do indoor activities on high pollen days. Ask your health care provider about taking medicine during allergy season.

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	<p>Strong odors: Avoid using strong odors and sprays like perfume, powders, hair spray, paints, incense, cleaning products, and candles. Allow new carpeting to air out when possible.</p>		<p>Wood smoke: Avoid inhaling smoke from burning wood.</p> <p>Extreme heat: Monitor conditions and stay hydrated.</p>
	<p>Illness: Wash hands often. Avoid touching your eyes, nose, or mouth. Get immunizations to prevent lung infections. Avoid people who have colds.</p>		<p>Cold temperatures: Cover your nose and mouth with a scarf when it gets cold.</p>
	<p>Mice and pests: Seal openings, cracks, and crevices. Don't leave food or garbage uncovered. Clean up spills and food crumbs right away. Store food in airtight containers and cooking grease in the refrigerator. Keep food out of the bedroom.</p>		<p>Animals: Keep pets with fur or feathers out of your home. If you can't keep a pet outdoors, then keep the pet out of your bedroom. Keep pets off upholstered furniture and away from stuffed toys. Wash your hands after petting or playing with pets.</p>
	<p>Mold: Fix leaking faucets, pipes, or other sources of water within 24 hours. Clean moldy surfaces with hot water and soap. Use bath and kitchen exhaust fans. Use a dehumidifier in the basement if it's damp and smelly.</p>		<p>Cigarettes: Do not allow smoking or vaping in your home or car, or around you. Talk to your health care provider about quitting or call: 1-800-QUIT-NOW (800-784-8669) to connect to a Quitline coach. Free tools are available at www.quitplan.com.</p>