

ASTHMA TRIGGERS

Use the spaces below to write down the ways you can manage **YOUR** triggers.



TOBACCO SMOKE



WOOD SMOKE



POLLUTION



POLLEN



MICE AND PESTS



DUST MITES



COLDS, FLU OR COVID



COLD AIR



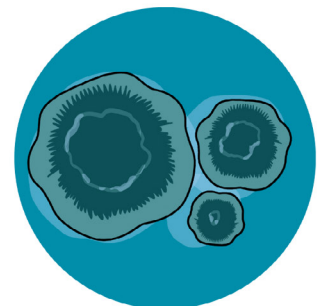
STRONG ODORS



EXERCISE AND SPORTS



ANIMALS



INDOOR MOLD