

# Asthma Triggers

Pay attention to things that seem to make your asthma worse. These are called triggers. Avoid them if you can. Here are some common triggers and ways to help manage them. Check the triggers that affect you most. Decide with your healthcare provider what steps you will take and check them off below.

## ☐ 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



Other things you will do to avoid smoke:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

## ☐ Strong Odors

- ☐ Avoid perfume, powders (like talcum powder), aerosol sprays like hair spray or insect spray, and strong-smelling cleaning products



Other things you will do to avoid strong odors:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

## ☐ Dust Mites

- ☐ Keep mattresses and pillows in dust mite-proof covers
- ☐ Wash your sheets and blankets each week. Use very hot water, or use cooler water with soap and bleach
- ☐ Remove stuffed toys from the bedroom, or wash them weekly in hot water. Or use cooler water with soap and bleach
- ☐ Take rugs and carpets out of the bedroom



Other things you will do to avoid dust mites:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

## ☐ Cockroaches

- ☐ Don't keep food in your bedroom
- ☐ Keep food and trash sealed
- ☐ If you see cockroaches, take steps to get rid of them



Other things you will do to avoid cockroaches:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

## ☐ Mold

- ☐ Fix leaky faucets and pipes
- ☐ Clean moldy areas, including shower curtains
- ☐ Keep basement areas dry
- ☐ Keep indoor air dry. Try to keep humidity below 50 percent



Other things you will do to avoid mold:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

## ☐ Vacuum Cleaning

- ☐ Vacuuming may stir up dust. Stay out of rooms that are being vacuumed, or wear a dust mask



Other things you will do to avoid dust from vacuuming:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

(Continued)

## ☐ Pollen



- ☐ Stay inside and keep windows closed when pollen levels are high

Other things you will do to avoid pollen:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

## ☐ Colds/Flu



- ☐ Avoid people with colds or the flu
- ☐ Wash hands frequently
- ☐ Ask your provider about a flu shot

Other things you will do to avoid colds/flu:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

## ☐ Exercise



- ☐ Ask your provider if you should take asthma medicine before you exercise
- ☐ Warm up before you exercise

Other things you will do when you exercise:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

## ☐ Stress



- ☐ Practice ways to relax, such as deep-breathing exercises
- ☐ Exercise most days, as directed by your provider
- ☐ Spend time with friends and family

Other things you will do to lower stress:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

## ☐ Weather/Air Quality



- ☐ On cold or windy days, cover your nose and mouth with a scarf to avoid breathing in cold air
- ☐ Check the air quality index. Move outdoor activities indoors when the air quality is poor

Other things you will do:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

## ☐ Pets



- ☐ Keep pets with fur or feathers out of your bedroom, or home, if possible
- ☐ Make sure your pets are washed once a week to reduce dander

Other things you will do to avoid dander:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

Be aware of your triggers and when and where you might find them.  
If you cannot stay away from your triggers, talk with your  
healthcare provider to find ways to manage them.



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