## **MANAGING**

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An asthma trigger is something that makes symptoms worse. Allergens can worsen symptoms for people who are sensitive to them. Not every allergen is a trigger for everyone with asthma. Understanding what worsens your asthma is a part of getting it under control.



In the home, common asthma triggers include:



Pet dander

Dust mites



Pests like rodents and cockroaches



Cigarette smoke, which can irritate the lungs

More than 90% of homes have 3 or more allergens.

Schools, like other enclosed spaces, can attract lots of allergens like dust mites. pests, and mold.

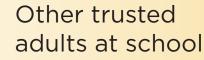


Work with a healthcare provider to make an asthma action plan. Share it with your child's:





School nurse



In the workplace, hundreds of things can trigger asthma,



like:

Metal dust



Bleaches



Hair dyes



Asthma triggers can change over time. Your body may react differently after repeated exposures, such as at your workplace. Talk to your healthcare provider if your asthma worsens after being at work.

Outdoors, pollen, air pollution, and everyday weather like cold, dry air can set off asthma.

Pollen counts tend to be high in the morning. You may want to avoid being outside from 5 to 10 a.m.



Managing triggers is just one part of controlling asthma. Work with a healthcare provider to:



Make an asthma action plan



Keep track of your symptoms and where you are when they occur



Learn how to take medicines as prescribed



