





# MANAGING ASTHMA EVERY DAY



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
-  Pests like rodents and cockroaches
-  Dust mites
-  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:

-  Teacher
-  School nurse
-  Other trusted adults at school

**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