









# Asthma trigger control

Triggers are things that can make your asthma worse. Know your triggers so you can stay away from them and prevent asthma flare-ups.

Triggers		What to do to avoid your triggers
<p><b>Smoke:</b> Smoke can make asthma worse.</p>		<ul style="list-style-type: none"> <li>• Do not allow smoking in your home or car.</li> <li>• If you smoke, ask your provider for ways to help you quit. Call 1-800-quit-now (1-800-784-8669).</li> </ul>
<p><b>Colds:</b> Illnesses can trigger asthma.</p>		<ul style="list-style-type: none"> <li>• Wash your hands often.</li> <li>• Keep your hands away from your face</li> <li>• Avoid contact with people who are sick.</li> <li>• Get a flu shot every fall.</li> </ul>
<p><b>Dust mites:</b> These tiny bugs live in bedding and carpeting and are too small to be seen.</p>		<ul style="list-style-type: none"> <li>• Put a dust mite cover on your pillow and mattress.</li> <li>• Wash sheets and blankets in hot water weekly.</li> <li>• Wash stuffed animals frequently.</li> <li>• Vacuum carpet weekly with a HEPA vacuum.</li> </ul>
<p><b>Mold:</b> Mold can grow in warm, humid areas.</p>		<ul style="list-style-type: none"> <li>• Clean moldy surfaces with hot soapy water.</li> <li>• Fix leaking faucets and pipes.</li> <li>• Use a dehumidifier in a damp basement.</li> </ul>
<p><b>Animals:</b> Some people are allergic to animals.</p>		<ul style="list-style-type: none"> <li>• Do not have pets in your home. If you can't keep the pet out of the home, then keep it out of the bedroom and keep the door closed.</li> <li>• Avoid contact with pets and wash your hands if you pet them.</li> </ul>
<p><b>Cockroaches and mice:</b> Some people are allergic to droppings from these pests.</p>		<ul style="list-style-type: none"> <li>• Do not leave food or garbage uncovered.</li> <li>• Keep food out bedroom.</li> <li>• Call an exterminator.</li> </ul>
<p><b>Exercise:</b> Exercise can trigger asthma. Talk to your provider so you do not avoid exercise.</p>		<ul style="list-style-type: none"> <li>• Take your rescue inhaler before you exercise, if directed by your provider.</li> <li>• Warm up and cool down after exercise.</li> <li>• Cover your nose and mouth with a scarf during cold weather.</li> </ul>
<p><b>Pollen:</b> Trees, grass and weeds can trigger asthma during the spring and fall.</p>		<ul style="list-style-type: none"> <li>• Keep your doors and windows shut during allergy season.</li> <li>• Ask your provider about taking allergy medicine.</li> </ul>
<p><b>Strong odors:</b> These can irritate airways.</p>		<ul style="list-style-type: none"> <li>• Avoid strong odors, cleaning products, perfumes and hairsprays.</li> </ul>