

# What are Your Asthma Triggers

Knowing your triggers is the first step in avoiding them

Asthma triggers		Things that can help
	<b>Pet/ Animal Dander</b>	<b>Solution: Reduce pet dander</b> Keep furred or feathered pets out of your house
	<b>Strong odors/ sprays</b>	<b>Solution: Avoid strong odors</b>
	<b>Dust/ Dust mites</b>	<b>Solution: Pay attention to your decor in your home to minimize dust</b> Encase pillows and mattresses in a special dust-proof cover, OR Wash your pillow, sheets and blankets each week in hot water Aim to reduce humidity to below 60 percent
	<b>Cockroach waste</b>	<b>Solution: Never Leave Food Out</b> Always keep food in closed containers & keep garbage can closed
	<b>Pollen and Outdoor Mold</b>	<b>Solution: Stay indoors and keep your windows closed</b> (especially when pollen and mold spore counts are highest)
	<b>Sulfites in food &amp; drinks</b>	<b>Solution: Avoid sulfite containing products</b> Avoid drinking beer or wine, eating dried fruits or processed potatoes or shrimp (if these cause asthma symptoms)
	<b>Indoor mold</b>	<b>Solution: Prevent mold spores</b> Clean damp areas & moldy surfaces with a bleach containing product
	<b>Some medications</b>	<b>Solution: Tell your doctor or pharmacist about all the medications you take</b>
	<b>Cold weather</b>	<b>Solution: Be Prepared</b> When it is cold or windy outside, cover your mouth & nose with a cold weather mask or scarf.
	<b>Tobacco smoke</b>	<b>Solution: Avoid tobacco smoke</b> Quit smoking (ask us how we can help you stop smoking today)
	<b>Vacuum cleaning</b>	<b>Solution: Wear a dust mask or get someone to vacuum for you</b> (vacuum once or twice/week) Stay out of rooms while they are being vacuumed and for some time afterwards