

# Asthma

## Trigger Fact Sheet

### Common Asthma Triggers

- tobacco use or secondhand smoke
- colds or respiratory infections
- allergic reaction to pollen or mold
- animal dander from cats, dogs and other furred animals
- feathers or feathered animals
- cockroaches
- dust, dust mites
- vigorous exercise
- exposure to cold air or sudden temperature change
- air pollution or fumes
- chalk dust
- paints
- cleaning agents
- new furnishings or equipment
- pesticides
- strong odors such as dry erase markers, magic markers, perfumes or glue/paste

### Ways to Remove Potential Triggers from the Environment

- do not allow tobacco use or secondhand smoke
- reduce indoor humidity
- clean and service heating and ventilation systems regularly
- limit outdoor activities when pollen counts are high
- keep environment clean and dust free
- avoid using strong-smelling cleansers and heavy perfumes
- encourage sufficient warm up before vigorous exercise
- have child wear a scarf around his/her face during cold weather
- encourage annual flu shots to protect from flu exposure
- discourage furred or feathered pets in the classroom
- reduce carpet and upholstered furniture in the classroom