



# Asthma Triggers

Basic facts for  
children  
and families



## What are asthma triggers?

Asthma triggers are things that set off or start your asthma. Catching a cold is an asthma trigger, but so are things like molds in your home or pollen in the air. Different people have different asthma triggers.

## What are some triggers of asthma attacks?

- Colds
- Some plants and trees
- Grass
- Hard exercise
- Perfume
- Dust
- Hair spray
- Pollution
- Cockroaches
- Tobacco smoke
- Worrying
- Being upset
- Exhaust from a car
- Some medicines (like aspirin)
- Some pesticides
- Furry animals
- Molds
- Smoke from fires or wood stove





### Why is it good to know my asthma triggers?

Some triggers you can avoid! You can stay away from dogs if you are allergic to them. You can leave the room if someone's perfume is too strong. If your parents smoke cigarettes, it's best if they only smoke outside—never in your home or car. If your parents want to quit smoking cigarettes, ask them to talk to their health care provider. Stay away from those things that can start an asthma attack. These are called asthma triggers. Everybody has different triggers, and you will need to find out what yours are.

### What are my asthma triggers?

Write as many as you know in the first part of the chart. Write what you can do to avoid or control your triggers in the second part of the chart. The first two rows are examples.

My triggers	What I can do to avoid or control them
Cats	Ask someone to put cat outside
Hard running (basketball)	Take my inhaler meds 20 minutes before I play, exercise, practice or have a game

