







Many things may cause asthma symptoms to start. These are called **triggers**. Everyone's asthma triggers are different. It is important to try to control your child's exposure to things that make his or her asthma worse. There are three types of asthma triggers: 1) **Irritants**, 2) **Allergies**, 3) **Infections**. These common trigger types are talked about in more detail in this sheet.

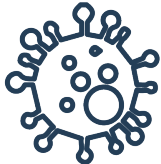

Irritant: Substances that irritate (bother) the nose, throat or airways

Type of irritant	Ways to manage irritants
 Cigarette Smoke	<ul style="list-style-type: none">• Do not smoke, especially in the home or car of a child who has asthma.• People who smoke should change clothes before going into the home of a child who has asthma.• Smokers in the home should try to quit smoking.<ul style="list-style-type: none">◦ Visit quitworks.com for more info.
 Strong Smells	<ul style="list-style-type: none">• Try not to use the following around your child:<ul style="list-style-type: none">◦ Perfumes◦ Aerosol sprays◦ Air fresheners◦ Strong smelling cleaning products. Clean with a mixture of vinegar and water, or baking soda and water instead.• Clean when your child is not home.



Allergens: A bad reaction to a certain substance or thing (for example: dust or animals)

Type of allergens	Ways to manage allergens
 Pets	<ul style="list-style-type: none">• Keep furry or feathered animals out of the home.• If you do have pets (such as a cat, dog or bird), keep them out of your child's bedroom.
 Pests	<ul style="list-style-type: none">• Keep your house and kitchen clean.• Keep all food in closed containers.• If you have pests (such as mice or cockroaches), hire a professional exterminator.
 Dust Mites	<p>Dust mites are tiny bugs that live in dust. To keep them out of your house, you can:</p> <ul style="list-style-type: none">• Wash bedding in hot water once a week.• Use mattress and pillow covers that are mite-proof.• Remove clutter from bedroom.• Dust and vacuum once a week while your child is not in the room.• Remove stuffed animals and toys from your child's bed.• Keep toys and books in a covered container.


Allergens: A bad reaction to a certain substance or thing (for example: dust or animals)

Type of allergens	Ways to manage allergens
 <p>Mold</p>	<p>Mold growth can be found:</p> <ul style="list-style-type: none"> • In damp areas, such as in bathrooms or basements • Outdoors, such as in soil, leaves and compost piles. <p>To prevent mold:</p> <ul style="list-style-type: none"> • Use vinegar and water or other “green cleaners.” • Use a dehumidifier regularly to help prevent mold growth in your home • Do not have plants, aquariums or humidifiers in your child’s room. • Fix leaky faucets. • Wipe damp areas dry.
 <p>Pollen</p>	<p>Pollen is a fine powder released from flowers. To limit exposure:</p> <ul style="list-style-type: none"> • Keep windows and doors closed, especially during springtime. • Use air conditioning with a filter that can be cleaned often. • Shower, change clothes and wash hair after playing outside.

Infections: Includes Colds, Sinus Infections, Flu and Pneumonia

Preventing Infection	More tips on how to prevent infections
 <p>Hand Washing</p>	<ul style="list-style-type: none"> • Wash hands often. • When hands look dirty, wash hands with antimicrobial soap and water. • When hands look clean, wash with alcohol-based hand rub.
 <p>Flu shot</p>	<ul style="list-style-type: none"> • People with asthma can get very sick from the flu. • Ask your doctor about getting the flu shot every year.

Other Asthma Triggers

Triggers	Ways to manage triggers
 <p>Cold Weather, Exercise & Emotions</p>	<ul style="list-style-type: none"> • Dress your child warmly in cold weather. • Cover mouth and nose with a scarf or other clothing. <p>Sometimes exercise can cause an asthma attack. Make sure your child:</p> <ul style="list-style-type: none"> • Warms up before and cools down after exercise. • Uses reliever medication 15 minutes before exercise if told to do so by a health care provider. • Keep your child calm if emotions trigger asthma.

This Family Education Sheet is available in [Arabic](#), [Cape Verdean](#), [Simplified Chinese \(China PRC, Singapore, Malaysia\)](#), [Haitian Creole](#), [Portuguese](#), [Spanish](#) and [Vietnamese](#).