

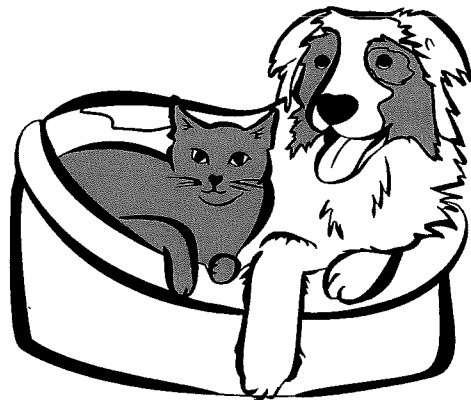
## Triggers that can cause your child's asthma symptoms

There are small particles in the air called asthma triggers. They make your child's sensitive airways react. Triggers can cause the airways to swell and tighten, making it hard for air to move in and out. This makes it hard for your child to breathe.

There are many different types of asthma triggers. You can find triggers in your home and outside, in the air. Asthma symptoms may also be caused by activities or strong feelings that your child has. Here are some common asthma triggers.

### Triggers in and around your home

- Pet dander, which is dried skin and hair
- Dust mites, which are little insects trapped in the dust
- Cockroaches
- Pollen
- Mold



### Triggers in the air

- Cigarette or tobacco smoke
- Air pollution, such as smog, smoke, car fumes, and chemicals
- Cold air or changes in weather
- Strong odors and sprays, such as perfumes, household cleaners, or paint

# ASTHMA

Continued from other side

## Other types of triggers

- Exercise
- Illnesses in the lungs and airways, such as a cold
- Some medicines
- Some chemicals in foods or drinks
- Strong emotions such as stress, excitement, or anger



## What are your child's asthma triggers?

To learn what your child's asthma triggers are:

- Keep track of his or her asthma symptoms
- Take notes about what you think caused your child's asthma symptoms
- Write down when they happened and what your child was doing
- Take these notes with you when you and your child visit the health care provider. The health care provider can help you and your child learn what to do to reduce contact with asthma triggers

