

8 ASTHMA TRIGGERS

Prevent flare-ups by knowing your triggers:



AIR POLLUTION

Vehicle exhaust, smog, and strong odors and fumes

ALLERGENS

House dust, mites, animal dander, molds, pollen, cockroach droppings and certain foods



MEDICATIONS

Aspirin, ibuprofen and beta blockers for high blood pressure, migraines or glaucoma

EMOTIONS

Anger, fear, stress, anxiety, laughter and sobbing



EXERCISE

Running, walking, hiking, climbing stairs and other physical activities

MEDICAL CONDITIONS

Colds, flu, sinus infections, acid reflux and pregnancy hormones



SMOKE

Cigarettes, fireplaces, campfires and burning leaves

WEATHER

Cold, dry air, high humidity and extreme temperature changes

