



## What things cause asthma attacks for you?

(things that cause your asthma attacks are called your “triggers”)

### What are *your* triggers?

- Triggers are different for each person with asthma**  
To help keep your asthma under control, you need to know what things cause asthma attacks *for you*. These are your “triggers.”
- This page tells about common triggers for asthma**  
Some of these may cause problems for you, but others may not.
- To learn what your triggers are, try thinking like a detective**  
Whenever you have an asthma attack, notice where you are, what you are doing, and what is going on around you. This will give you clues about what might be causing your asthma attacks.

### Try to stay away from your triggers

To help prevent asthma attacks, do your best to stay away from your triggers. To learn more about your triggers and what you can do about them, talk with your doctor or nurse.

## The list below shows common triggers for asthma

Mark boxes to show which ones seem to be triggers for you:

- Tobacco smoke and other smoke**  
Smoking tobacco or being near people who are smoking causes health problems for people with asthma. Other smoke can be a trigger, too, such as smoke from wood stoves or outdoor smoke. Smoky smells that stay in clothing, carpets, and furniture cushions can be an asthma trigger.
- Animals with fur or feathers**  
This includes cats, dogs, birds, hamsters, and other animals with fur or feathers.
- Dust mites**  
Dust mites are very tiny creatures that live in dust (they are much too small to see). Dust mites are in beds, pillows, and furniture cushions. They are also in dust that gets stirred up from sweeping, vacuuming, or dusting.
- Strong smells and sprays**  
This includes perfume, hairspray, strong-smelling deodorants, household cleaning products, and other things with a chemical smell.
- Mold or mildew growing in places that are damp**
- Pollen from trees, flowers, and plants**  
If pollen bothers your asthma, you may need to take medicine during times of the year when pollen is bad.
- Being physically active**  
This includes walking, gardening, active sports, and other work or play that involves physical activity. If being active causes asthma problems for you, ask your doctor about using asthma medicine to help.
- Breathing cold air**
- Illnesses that cause breathing problems**  
Having a cold, the flu, bronchitis, or sinus trouble can cause asthma problems. Most people with asthma should get a flu shot every year. (Sometimes what seems to be a cold is actually a problem with asthma or allergies. If you get a lot of colds, talk with your doctor.)