

Common Asthma Triggers

Allergens

- **Pollen** – from trees, plants and grasses, including freshly cut grass
- **Furry or Feathered Pets** – from skin flakes, urine, and saliva
- **Dust and Dust Mites** – in carpeting, pillows and upholstery
- **Pests** - from droppings or body parts of cockroaches, etc
- **Molds**

Irritants

- **Cold Air**
- **Weather Changes**
- **Cigarette Smoke**
- **Chalk Dust**
- **Diesel Fumes from idling busses**
- **Ozone**
- **Strong Odors**
 - **Perfume**
 - **Air Fresheners**
 - **Cleaning Chemicals**
 - **Lawn Chemicals**
 - **Magic Markers**
 - **Science and Art Supplies**
 - **Paint**

Upper Respiratory Infections

- **Cold**
- **Flu**

Physical Exercise

Laughing or Crying Hard