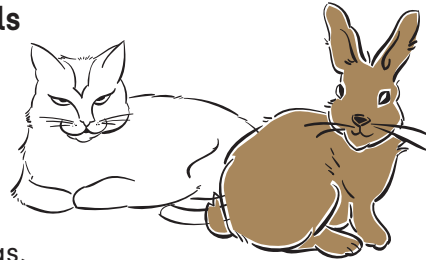


# Common Asthma Triggers

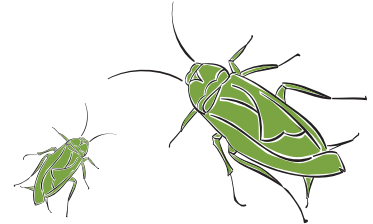
A trigger is something that causes asthma symptoms. Learn the particular asthma triggers for each child with asthma in your program. Triggers include:

## Furry and feathered animals



cats, dogs, hamsters, guinea pigs, birds, rabbits and other furry animals

## Pests



cockroaches, mice

## Exercise



## Pollen



grass, trees, plants, flowers

## Dust and dust mites



## Food allergies

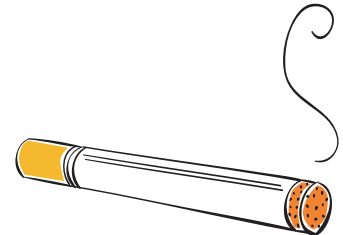


## Illness



colds and flu

## Tobacco smoke

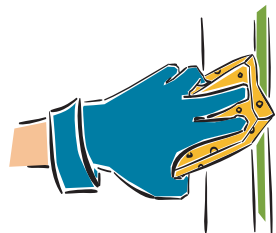


## Fumes, odors and strong scents



household cleaners, sprays, perfumes

## Mold and mildew



## Weather and air pollution

