

Some Possible Asthma Triggers

ALLERGIES



- Foods such as nuts, chocolate, eggs, orange juice, fish, milk, peanut butter
- Pollens from flowers, trees, grasses, hay, ragweed. Mold spores.
- Animals such as rabbits, cats, dogs, hamsters, gerbils, chickens, birds.
- Feather pillows, down comforters
- Insect parts such as those from dead cockroaches

WEATHER



- Blasts of Cold Air
- Excessive humidity
- Changes in seasons.

AIR POLLUTION



- Traffic jams.
- Parking jams
- Smoke-filled room

HOUSEHOLD PRODUCTS



- Vapors from cleaning solvents, paint, paint thinner, liquid chlorine bleach.
- Sprays from furniture polish, starch, cleaners, room deodorizers.
- Spray deodorants, perfumes, hair sprays, talcum powder, scented cosmetics

EXERCISE



- Wheezing may begin after overexertion.

DUSTS



- Cloth upholstered furniture, carpets, draperies that gather dust.
- Brooms and dusters that raise dust.
- Dirty filters on hot air furnaces and air conditioners that put dust into the air.

INFECTION



- Colds, other viruses, bronchitis, tonsillitis, sore throats.

EXERCISE



- Lying down, tiredness, accumulating mucus.

EMOTIONS



- Fear, anger, frustration, laughing too hard, crying, coughing.

SMOKE



- From cigarettes, cigars, pipes - either yours or someone else's.

ON THE JOB



- Dusts, vapors or fumes from:
 - Wood products (western red cedar, some pine and birch woods, mahogany).
 - Flour, cereals, grains, coffee, tea, papain.
 - Metals (platinum, chromium, nickel sulfate, soldering fumes)
 - Cotton, flax, hemp
- Molds from decaying hay.