




# ASTHMA CARE

## Asthma Triggers



Triggers are things that cause symptoms or bring on asthma attacks.

Triggers differ from person to person. What are your triggers?

Remember to stay away from your triggers. This will help control your asthma!

Common Triggers	How to avoid common triggers
<p><b>Irritants:</b></p> <ul style="list-style-type: none"><li>• Tobacco smoke</li><li>• Cleaning products</li><li>• Paints</li><li>• Scented products</li></ul> 	<p><b>Tobacco smoke:</b></p> <ul style="list-style-type: none"><li>• Do not smoke – Get help to quit</li><li>• Stay away from smokers.</li><li>• Ask people not to smoke in your home or car</li><li>• Let fresh air into your house</li></ul> <p><b>Cleaning products/paints:</b></p> <p>Avoid being around strong smelling cleansers</p> <p><b>Scented products:</b></p> <p>Avoid using scented products such as perfume, deodorant, lotions, hairspray, and room deodorizers</p>

Common Triggers	How to avoid common triggers
<p><b>Exercise</b></p> 	<p><b>Exercise-induced asthma:</b></p> <ul style="list-style-type: none"> <li>• Use asthma medication (albuterol)</li> <li>• Warm up before exercise</li> <li>• Breathe through your nose</li> </ul>
<p><b>Infections:</b></p> <ul style="list-style-type: none"> <li>• Colds</li> <li>• Flu</li> <li>• Sore throat</li> </ul> 	<ul style="list-style-type: none"> <li>• Get a flu shot</li> <li>• Keep your body healthy with enough exercise and sleep</li> <li>• Stay away from people who have colds and flu</li> </ul>
<p><b>Allergens:</b></p> <ul style="list-style-type: none"> <li>• Pollen</li> <li>• Mold</li> <li>• Dust</li> <li>• Food</li> <li>• Animals</li> </ul>   	<p><b>Pollen:</b></p> <ul style="list-style-type: none"> <li>• Stay indoors during pollen season</li> <li>• Avoid using fans</li> </ul> <p><b>Mold:</b></p> <ul style="list-style-type: none"> <li>• Let fresh air into your house</li> </ul> <p><b>Dust:</b></p> <ul style="list-style-type: none"> <li>• Wash bedding and stuffed toys in hot water</li> <li>• Cover mattresses and pillows in dust proof zippered covers</li> </ul> <p><b>Animals:</b></p> <ul style="list-style-type: none"> <li>• Consider not having pets with fur or feathers</li> <li>• Keep pets out of your bedroom</li> <li>• Wash your hands after petting animals</li> </ul> <p><b>Food:</b></p> <ul style="list-style-type: none"> <li>• Discuss food allergies with your doctor or nurse</li> </ul>

Common Triggers	How to avoid common triggers
<p><b>Environmental Factors:</b></p> <ul style="list-style-type: none"> <li>• Weather changes</li> <li>• Air pollution</li> </ul> 	<p><b>Weather changes</b></p> <ul style="list-style-type: none"> <li>• Dress for the weather</li> <li>• When it is cold, breathe through your nose and cover it with a scarf</li> </ul> <p><b>Air pollution</b></p> <ul style="list-style-type: none"> <li>• On bad pollution days, try to stay indoors and close the windows</li> </ul>
<p><b>Emotions:</b></p> <ul style="list-style-type: none"> <li>• Anger</li> <li>• Laughter</li> <li>• Fear</li> <li>• Stress</li> </ul> 	<ul style="list-style-type: none"> <li>• Keep calm by breathing slowly (belly breathing)</li> <li>• Relax your shoulders and neck muscles</li> </ul>

## You don't have to do this alone!

To find out more about asthma care call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-371-2222;  
CRS/TTY: 711 or 1-800-735-2929;  
8 a.m. to 5 p.m., Monday-Friday;

Permission is granted to use and duplicate these materials for non-profit educational use as long as no changes are made without permission from Alameda Alliance for Health.

Alliance CompleteCare (HMO SNP) Members please call:

Toll-Free: 1-877-585-7526;  
CRS/TTY: 711 or 1-800-735-2929  
8 a.m. to 8 p.m. seven days a week.

[www.alamedaalliance.org](http://www.alamedaalliance.org)  
[www.alliancecompletecare.org](http://www.alliancecompletecare.org)



Health care you can count on.  
Service you can trust.