

Asthma Triggers Checklist

This tool may be used to provide trigger management tips to patients with asthma.

Tobacco Smoke

- If you smoke, quit
- Ask others in the household to quit smoking or smoke outside the home

Dust Mites

- Mattress and pillow should be put in dust-proof covers
- Wash pillow, sheets, and blankets in hot water every week

Animal Dander

- Keep furred or feathered pets out of the home, especially out of the bedroom
- Use filters in the vents in your bedroom

Cockroaches

- Never leave food out and do not eat in the bedroom
- Keep garbage in closed containers
- Use poison baits, powders, gels, paste (e.g., boric acid), or traps to kill cockroaches
- Avoid chemical sprays

Vacuum Cleaning

- Use a vacuum with a HEPA filter

Indoor Mold or Mildew

- Clean moldy surfaces with a cleaner that has bleach in it
- Fix water leaks
- Use a fan or dehumidifier to keep things dry

Pollen and Outdoor Mold

- During allergy season, try to keep windows closed and stay indoors during the afternoon

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(continued)

- Smoke, Strong Odors, and Sprays**
 - If possible, do not use a wood-burning stove, kerosene, or fireplace
 - Try to stay away from strong odors and sprays

- Exercise, Sports, Work, or Play**
 - Warm up by stretching or slow walking for about 6 to 10 minutes before you exercise
 - Stay indoors when air pollution or pollen levels are high

- Flu**
 - Get a flu shot every year

- Sulfites in Foods**
 - Stay away from beer, wine, shrimp, dried fruit, and processed potatoes

- Cold Air**
 - Cover nose and mouth with a scarf on cold or windy days

- Other Medicines (aspirin, cold remedies, eye drops containing beta-blockers)**
 - Find out if these medicines trigger your asthma

- Emotions (laughing, crying, stress)**
 - Emotions can trigger your asthma also

Adapted from *Expert Panel Report 2: Guidelines for the Diagnosis and Management of Asthma*. National Heart, Lung and Blood Institute, National Institutes of Health. 1997. NIH publication no. 97-4051.



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