Triggers are things that set off your asthma (cause symptoms).

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

Check off your asthma triggers:

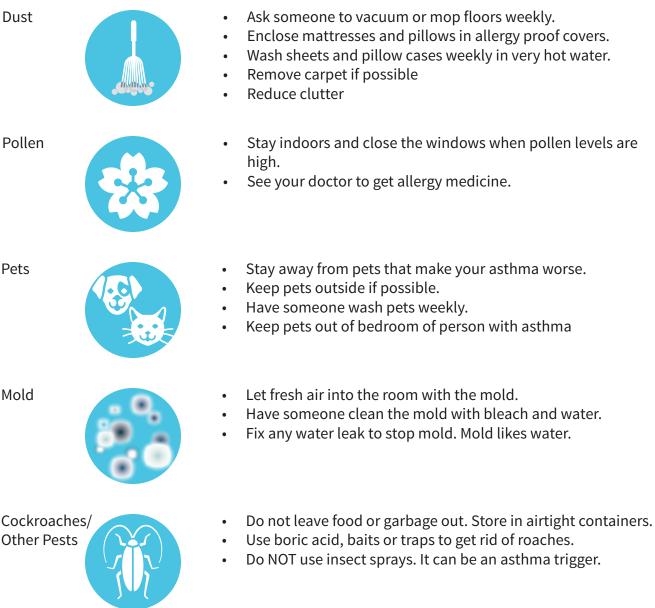




- On bad pollution days, try to stay indoors with windows closed
- Avoid standing next to buses, trucks or running cars.

THINGS THAT CAUSE ALLERGIES

For people who are allergic to the allergens below, they **may** be asthma triggers.



PHYSICAL ACTIVITY

Exercise



DO NOT avoid exercise, but try to avoid asthma symptoms when vou exercise:

- If directed by your doctor, use your quick-reliever inhaler (like • albuterol) before you exercise.
- Warm up before exercise and cool down after exercise.
- Plan indoor activities on high pollen or pollution days.

April 2019

Stay indoors and close the windows when pollen levels are