

# Common Asthma Triggers

## Food

Avoid foods to which you're allergic or sensitive. Avoid sulfites, often found in wine, beer, dried fruit, processed potatoes, shrimp.

## Pollen and Outdoor Mold

Keep windows closed during allergy season. Stay indoors from late morning to early afternoon to avoid peak pollen .

## Vacuum Cleaning

Ask someone else to vacuum. Stay out of the room while the vacuum is running. If you must vacuum, use a dust mask, a double-layered or micro filter vacuum cleaner bag or a vacuum with a HEPA filter.

## Dust Mites

Encase pillows and mattresses in special dust-proof covers. Wash bedding at 130 degrees to kill mites. Reduce indoor humidity to below 60 percent. Avoid cloth-covered cushions. Remove carpets, especially from bedrooms and those on concrete. Keep stuffed toys out of the bed or wash them weekly in hot water.

## Cockroaches

Keep food and garbage in closed containers. Use nontoxic bait or traps

## Animal Dander

Keep pets with feathers or fur outside. If that's not possible, keep pets out of sleeping areas at all times. Keep them off carpets and upholstered furniture.

## Cold Air

Cover your nose and mouth with a scarf on cold days.

## Irritants

Quit smoking and ask family members to do the same. Don't allow smoking in your home or car. Don't use a wood-burning stove, kerosene heater or fireplace. Stay away from strong odors and sprays, such as perfume, hairspray, housecleaning products and paint.

## Non-Asthma Medicines

Tell your doctor about all medicines you take, including cold medicines, aspirin and nonselective beta-blockers (including those in eye drops).