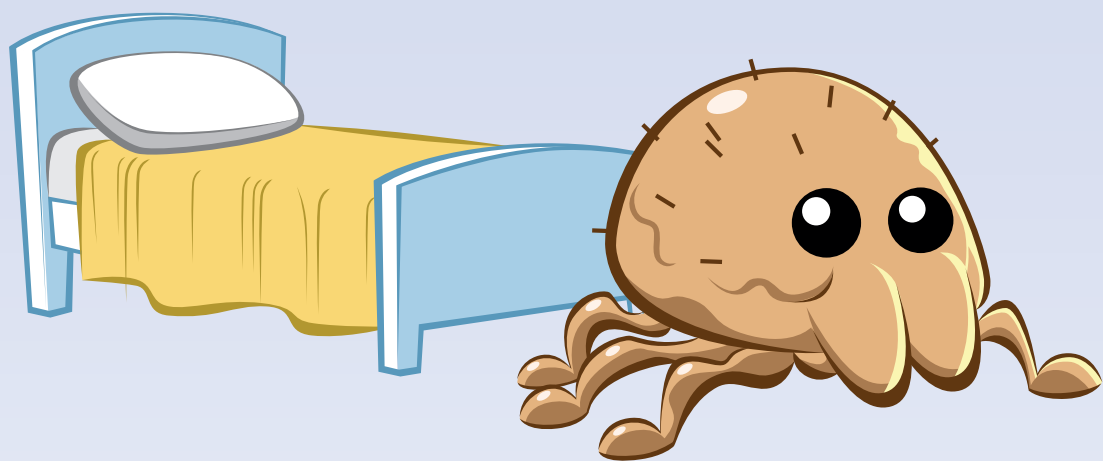


QUEST 2: ASTHMA TRIGGERS

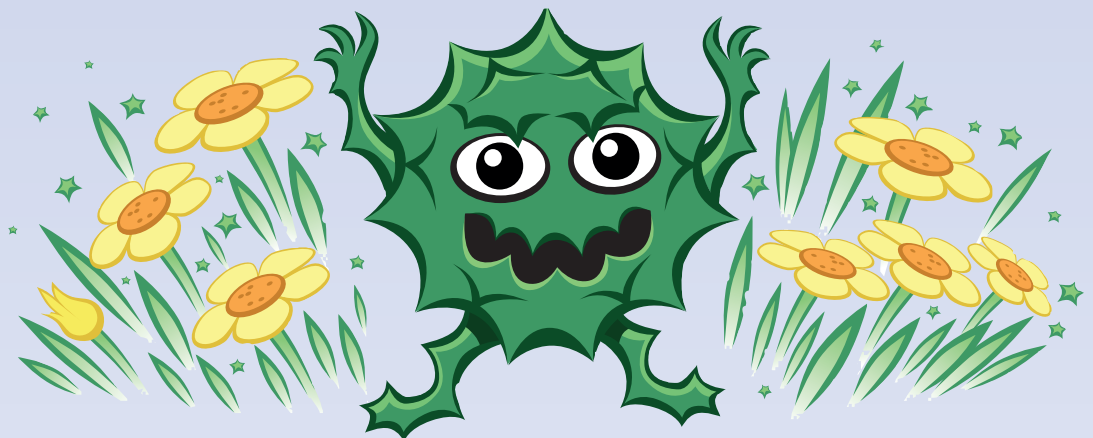
WHAT MAKES YOUR ASTHMA WORSE?

Pay attention to things that seem to make your asthma symptoms worse—these are called “**triggers**”. Learn what your asthma triggers are, and stay away from them if you can. Talk with a grown-up and your doctor and nurse about your asthma triggers. Ask them about how to exercise with asthma.

Common asthma triggers



Dust mites (live in places with dust, like beds, rugs, and sofas)



Pollen (from trees, grasses, weeds)



Mold (grows in damp places)



Stress (like worried or scared)



Smoke



Colds



Pet dander (tiny skin flakes from pets with fur or feathers)



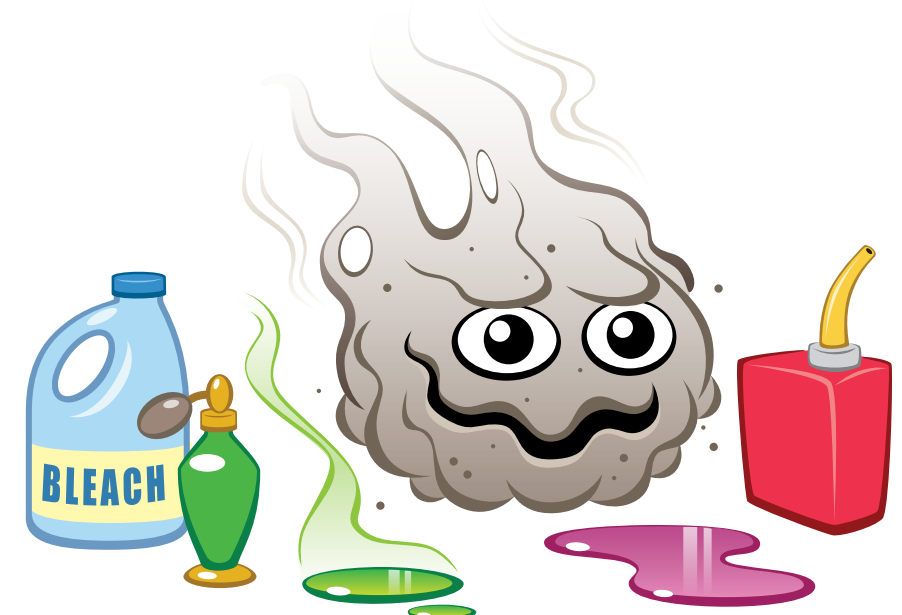
Cockroaches



Weather (such as cold air)



Exercise (such as running)



Strong smells