

# Asthma Trigger

**An asthma trigger is a thing, activity or condition that makes asthma worse. When you encounter a trigger it can cause a sudden worsening of symptoms, often called an asthma attack, episode or flare-up.**

## Pollens

**When rain droplets crash into airborne pollen, the pollen grains are broken into tiny particles. These particles can then get further and deeper inside your lungs than the larger pollen grains, and so trigger a worse asthma response.**



## Strong Odor

**Scents from perfumes, deodorants and cleaning supplies can affect a person with asthma. When possible, choose cleaning and personal care products that are odor- and fragrance-free.**



## Pets

**Furry pets can trigger an asthma attack if you are allergic to them. If you think a furry pet may be causing attacks, you may want to find the pet another home. If you can't or don't want to find a new home for the pet, decrease your exposure by keeping pets out of bedrooms, washing furry pets, using an air cleaner with HEPA filter, and using allergen-proof mattress and pillow covers.**



## Smoke

**All types of smoke can make it hard to breathe, including smoke from cigarettes, wood-burning fireplaces and burning leaves. If you smoke, you should make a plan to quit. If you don't smoke, but live with someone who does, discuss ways to avoid or limit your exposure to tobacco smoke.**



## Disinfectants

**Disinfectants can trigger an asthma attack. People with asthma should try to stay away when cleaners or disinfectants are being used and right after their use.**



### References:

1. National Center for Environmental Health. Common Asthma Triggers. Center for Disease Control and Prevention (CDC). <https://www.cdc.gov/asthma/triggers.html>. Published 2021. Accessed September 19, 2022.

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3. Reduce Asthma Triggers. Lung.org. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/managing-asthma/reduce-asthma-triggers>. Published 2022. Accessed September 20, 2022.

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