Avoid Triggers that Start Asthma Attacks

Irritants

Indoor

Outdoor

Colds/ Flu

Molds

Grass/ Pollen

Exercise

Animals

Dust Mites

Detergents

Bedding

Diesel Fumes

Cigarette Smoke

Roaches

Weather Changes

Visit Freedom from Smoking: www.ffsonline.org/
by the American Lung Association