















TRIGGER	WHAT YOU SHOULD KNOW	WHAT YOU SHOULD DO
 <p>Pollen</p>	<ul style="list-style-type: none"> • Carried by the wind and higher in the morning • Tree pollen – spring • Grass pollen – summer • Ragweed pollen – fall 	<ul style="list-style-type: none"> • Keep windows and doors closed and stay inside when pollen counts are high • Avoid freshly cut grass/farms • Do not use clothesline • Use air conditioner to filter air
 <p>Dust Mites</p>	<ul style="list-style-type: none"> • Very tiny insects • They live in carpet fibers, plush furniture, curtains, mattresses, pillows, bedding and fluffy toys • Thrive in humid/damp environments 	<ul style="list-style-type: none"> • No plants, stuffed animals, carpets, feather duvets and pillows, bunk-beds and clutter • Avoid polyester/fleece bedding • Wash bedding in hot water weekly • Wash stuffed animals in hot water weekly or freeze overnight in zip-lock freezer bag • Damp mop/vacuum/damp cloth to dust • Use roller blinds and washable curtains • Clean ceiling fans • Wrap mattress and pillows in zippered allergy-proof covers • Keep humidity less than 50%;measure with hygrometer
 <p>Mould</p>	<ul style="list-style-type: none"> • Grow in humid areas • Float in the air 	<ul style="list-style-type: none"> • Avoid air humidifiers and vaporizers • Wash showers and baths with bleach/vinegar • Avoid over watering your plants • Store firewood outside – bark grows mould • Exhaust fan in bathroom
 <p>Pet Dander</p>	<ul style="list-style-type: none"> • Animal saliva/urine/feces/dander may cause asthma symptoms • Can remain in the home for several months after a pet is gone 	<ul style="list-style-type: none"> • If possible remove pets from your home, especially bedroom • Wash pets regularly
 <p>Viral Infections / Colds</p>	<ul style="list-style-type: none"> • May cause asthma to worsen 	<ul style="list-style-type: none"> • Wash hands frequently • Wear a mask as necessary • Flu shots are recommended • Move into yellow zone of action plan
 <p>Medicines</p>	<ul style="list-style-type: none"> • Some medicines (Aspirin, heart medicines) may cause sudden asthma symptoms 	<ul style="list-style-type: none"> • Tell your doctor / pharmacist that you have asthma, especially when you start a new medicine • Do not use cough medicine with DM

 <p>Temperature / Weather Changes</p>	<ul style="list-style-type: none"> • Changes may make asthma symptoms worse • There are more allergens in the air after thunderstorms 	<ul style="list-style-type: none"> • On cold days, wear a scarf that covers your nose and mouth • Breathe through your nose • Avoid hot / humid areas
 <p>Smoke</p>	<ul style="list-style-type: none"> • Tobacco and marijuana smoke may trigger asthma • Second hand smoke stays up to seven days in the home 	<ul style="list-style-type: none"> • Maintain smoke free home and car • Quit smoking
 <p>Household/Work Irritants</p>	<ul style="list-style-type: none"> • Asthma is sometimes triggered by things in the workplace and home such as scented products; laundry soap, cleaning agents, candles, shampoo, soap, photocopiers etc. 	<ul style="list-style-type: none"> • Use unscented cleaning and personal products; avoid aerosol sprays • Use re-usable dryer balls – non PVC • Wear a mask • Maintain fireplaces / wood stoves • Reduce your exposure to workplace triggers
 <p>Air pollution</p>	<ul style="list-style-type: none"> • Smog and wood stoves may make asthma symptoms worse 	<ul style="list-style-type: none"> • On high smog days, avoid outdoor activities • Use a HEPA filter air cleaner • Check air quality
 <p>Stress/Emotions (laughing/crying)</p>	<ul style="list-style-type: none"> • May trigger asthma 	<ul style="list-style-type: none"> • Learn how to manage strong emotions/anxiety • Use breathing and relaxation techniques
 <p>Health problems</p>	<ul style="list-style-type: none"> • Post nasal drip or heartburn may worsen your asthma 	<ul style="list-style-type: none"> • Drink 6-8 glasses of water to thin mucus • Follow Canada's Food Guide • Exercise regularly • Ensure you get plenty of sleep in a cool room • Health problems need to be controlled; speak to healthcare professionals
 <p>Hormones</p>	<ul style="list-style-type: none"> • May cause asthma flare-ups 	<ul style="list-style-type: none"> • Tell your doctor if you notice your asthma is worse during puberty, pregnancy, menopause or menstruation.
 <p>Exercise</p>	<ul style="list-style-type: none"> • May cause asthma flare ups 	<ul style="list-style-type: none"> • This does not mean that you should avoid exercise!! • 10 minutes before exercising, use your reliever medicine if needed • Warming up and cooling down can reduce symptoms • Drink lots of water