

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

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