

Triggers

Your son has asthma and a lot of things, especially someone smoking, can trigger an asthma attack.

Trigger? Attack?! W...what do you mean?

Well, a "trigger" is something that might cause an asthma attack. Also things that cause allergy symptoms like dust, stuff on pet hair and skin called "dander" ...grass or weed pollen...

What's pollen?

Well, "pollen" is tiny dust-like stuff from flowers and plants. Or you could also be allergic to some foods like wheat, cow's milk, peanuts, or shellfish. A cold or the flu can also bring on an asthma attack. Sometimes, exercise or cold air can trigger an asthma attack.