

Asthma Triggers

It's time for "What's That Mean?" Today....

Well, a "trigger" is something that might cause an asthma attack.

Stay away from these asthma triggers - smoke, and other air pollution.

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.

Clapping