

Asthma Management: Smoke, Pollutants and Chemical Triggers

Now, a health minute.

Air pollution is unhealthy for everyone. But for people with asthma, it can be a major trigger for an asthma attack.

Limiting your exposure to pollutants is important in managing your asthma.

First and foremost, avoid tobacco smoke. If you smoke, quit. And avoid secondhand smoke.

Keep your distance from smoke sources such as barbecues, fires, car exhaust, and strong cooking fumes.

Many people also have a problem with various chemicals and fumes, like perfumes, candles, cleaning solutions, paints, and gasoline.

Avoid any smoke, chemicals or fumes that are likely to worsen your asthma symptoms.

And if you absolutely must use chemicals, do so in a well-ventilated area and use an appropriate mask or respirator.