

What are Asthma Triggers?

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When you have asthma, triggers make it worse. They don't mean to, but they do.

Let's meet a few of the most common ASTHMA TRIGGERS. Because when you know who they are, you'll know what to do.

First up. Pollen.

She may look sweet, but she's a trouble maker.

She sprinkles pretty powder in the air. Your lungs don't like it!

Let's shut the window on Pollen.

And now....up next: Dander. Cats and dogs are cute, but pets can shed dander.

It tickles the lungs and makes them quiver and cough.

Let's wash our hands and get ready for...

Tiny, but mighty buggie ...

It's everyone's enemy to fear: Dust Mite is here.

But did you know? It's dust mite's poop that makes it so hard to breathe. (Ewww)

Now... it's time for the vacuum to suck these triggers away.

There are more where those triggers came from such as being sick, pollution, cold air, smoke, and mold.

Do you know what triggers bother your asthma? And what to do about them?

The adults who look after you can be on the lookout for your triggers and help you take care of them.