

Triggers can cause asthma symptoms.



What Are Your Triggers?

- Cigarette Smoke
- Colds & Viruses
- Weather Changes
- Hot Air or Cold Air
- Cats
- Dogs
- Odors & Perfumes
- Cleaning Products
- Exercise
- Mold
- Pollution
- Pollen
- Dust Mites
- Cockroaches
- Rats & Mice

Not everyone has the same triggers.