

Community Asthma Project at Childrens Hospital Los Angeles



Things that start asthma attacks are often called triggers. Below is a list of common triggers. Everybody has a different set of triggers. It is important to identify your child's triggers. Sometimes triggers can be eliminated or decreased so they don't cause any more asthma. Some triggers can't be avoided, but at least you can be prepared to treat the asthma early if your child gets exposed to a trigger. Sometimes allergy testing will help identify triggers.

Use the list below to help find out your child's triggers:

- Dust
- Cigarette smoke
- Cats
- Dogs
- Other pets
- Running or playing hard
- Sudden changes in the weather
- Wind or cold dry air
- Pollens from grasses, weeds or trees
- Molds (mildew)
- Colds and other infections
- Air pollution
- Strong smells or sprays
- Cockroaches
- Laughing hard
- Crying or getting upset
- Foods
- Cold drinks or foods

Allergy Triggers