

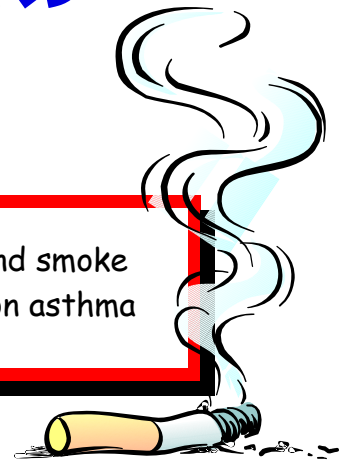
ASTHMA TRIGGERS

Check the things that **TRIGGER** your (or your child's) asthma.

INSIDE

- dust mites
- mold, mildew
- rodents, cockroaches
- tobacco smoke
- odors from markers, chalk dust
- sprays & aerosols - deodorant, hairspray, insect repellent
- fumes from products like bleach, paint, furniture polish, ammonia, gasoline
- talcum powder, perfume, makeup
- smoke from wood-burning stoves & fireplaces

Every year, secondhand smoke triggers up to 1 million asthma



OUTSIDE

- car & truck exhaust fumes
- smog or air pollution
- smoke from burning wood or leaves
- pollen & mold from trees, grasses and plants
- changes in temperature, humidity or air pressure
- going from warm air to very cool or cold air

OTHERS

- cold, flu, sinusitis
- exercise
- animals (saliva or flaking skin)
- foods such as nuts, eggs, fish and milk
- emotional outbursts - crying jags, laughing hysterically, anger tantrums

For more information, contact:
PEDIATRIC ASTHMA COALITION OF NEW JERSEY
www.pacnj.org ✦ (866) 722-6588
ASTHMA AND ALLERGY FOUNDATION OF AMERICA
www.aafa.org ✦ (800) 727-8462

MANALAPAN HEALTH DEPARTMENT