

# Asthma Triggers



ASTHMA

800.414.6675

Some things can cause your asthma to get worse. These things are called triggers.

Different things can make your asthma worse at different times of the year.

## GENERAL TRIGGERS

- Animal dander
- Cleaning products
- Excessive exercise
- Perfume
- Ragweed
- Smoke

## SUMMER TRIGGERS

- Grass clippings
- Mulch
- Mold spores
- Pollen
- Very hot, sticky days

## WINTER TRIGGERS

- Evergreen trees
- Potpourri
- Scented candles
- Wreaths

## WHAT CAN I DO?

- Stay in air conditioning during midday and the early afternoon. This keeps your lungs safe from pollen and high humidity.

- Your doctor may need to adjust your medicine or give you new medicine during bad pollen seasons.

People with asthma should also get the flu and pneumonia vaccines. Asthma can make flu symptoms worse. It can even cause complications from the flu. Ask your doctor if you should get these vaccines.



**FOR MORE INFORMATION** about asthma, call Care Management 1.800.414.6675 (TTY: 1.800.473.0989).



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