

Irritants



Colds/Flu



Exercise



Detergents



Cigarette Smoke



Avoid Triggers that Start Asthma Attacks

Indoor



Molds

Outdoor



Grass/Pollen



Dust Mites

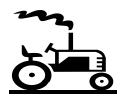


Animals

Bedding



Roaches



Diesel Fumes



Weather Changes

Visit Freedom from Smoking: www.ffsonline.org/ by the American Lung Association