

## Irritants



Colds/Flu



Exercise



Detergents



Cigarette Smoke



Avoid Triggers that Start Asthma Attacks

## Indoor



Molds

## Outdoor



Grass/Pollen



**Dust Mites** 

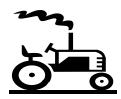


Animals

Bedding



Roaches



**Diesel Fumes** 



Weather Changes

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