

**TREAT.
CONTROL.
BREATHE.** 



Asthma Triggers



What to Know, What to Do

LEARNING WHAT CAN MAKE YOUR CHILD'S ASTHMA WORSE IS IMPORTANT.

Activities or things that can set off asthma symptoms—such as coughing, wheezing, or breathing difficulties—are called triggers.¹ But knowing what triggers set off your child's asthma can help you avoid an attack or symptoms whenever possible. Take a look below to see some common factors that can trigger asthma.

KEEP AN EYE OUT FOR THESE COMMON TRIGGERS^{1,2}

- Colds or viral infections
- Cold air
- Grass, tree, weed pollens
- Animal dander and saliva
- Airborne molds
- Dust mites
- Cockroach droppings
- Cigarette smoke
- Exercise
- Fumes from gas stove
- Foods and food additives
- Aerosol sprays
- Paints or varnishes
- Household cleaners
- Dust/coal dust/chalk dust
- Prolonged laughing or crying
- Medications
- Emotional distress

TRIGGER TIPS

Learn to identify your child's triggers, and then try these tips for reducing them to help your child feel his or her best.^{1,2}

Clean and dust weekly:^{1,2}

- Use a vacuum with filter bags
- Clean thoroughly with antimold cleaners
- Dust with a damp cloth or mops
- Remove carpets, particularly from the bedroom

Note: When vacuuming or cleaning, make sure your child is out of the room.



Take proper care of your child's toys:^{1,2}

- Wash soft toys and security blankets weekly in hot water (over 50°C)
- Keep most stuffed toys out of your child's bedroom as they trap dust and dust mites

Reduce pet allergens and irritants:^{1,2}

- Keep pets off furniture and out of your car
- Keep pets out of the bedroom
- Wash and brush pets frequently
- Vacuum rooms daily that pets frequent or other commonly used living areas of the home

Notes: 1. When vacuuming or cleaning, make sure your child is out of the room.

2. For children with asthma, it is best to avoid direct contact with pets as they can be the main triggers of asthma attacks. You should consult your child's doctor about the possibility of having pets at home.

Keep indoor air clean:^{1,2}

- Clean or replace heating and air conditioner filters monthly
- Clean or replace all room air filters monthly
- Use an air conditioner during warm-weather months
- Use a dehumidifier in the basement and in other areas where it is moist
- Do not allow cigarettes or pipes to be smoked in the house or car
- Avoid smoke exposure
- Use an exhaust fan in kitchens and bathrooms
- Use a room HEPA filter (not ionizer) in the bedroom and family/living room

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The Asthma Triggers brochure should be used for reference only. It does not replace the advice of a health professional, nor the consultation with the doctor.

References: 1. National Asthma Education and Prevention Program. (2014). National Heart, Lung, and Blood Institute. Retrieved from NAEPP: https://www.nhlbi.nih.gov/files/docs/public/lung/asthma_tipsheets.pdf 2. GINA. Global strategy for asthma management and prevention. GINA patient guide: you can control your asthma, 2020. Available at: <https://ginasthma.org/gina-patient-guide-you-can-control-your-asthma/>

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