

STEP 4

A Parent's
Guide to
Better
Breathing

Your Child's Asthma

Know & Avoid Asthma Triggers

Knowing the things that cause your child's asthma symptoms can help prevent asthma attacks. Talk to your child's health care provider about these common triggers.



Mark the items below that make breathing difficult for your child. Make a plan to talk to your child's health care provider about the steps you can take to limit or avoid exposure to them.

- Cockroaches
- Dust & dust mites
- Mold & mildew
- Outdoor air pollution
- Pets & animal dander
- Pollen
- Physical activity & exercise
- Respiratory infections
- Smoking & secondhand smoke
- Strong emotions (e.g., stress, crying and even laughing)
- Strong odors (e.g., hairspray, perfume, air fresheners, cleaning products)
- Wood smoke & fires

Talk to your child's health care provider about allergy testing if you feel that your child's asthma is not well-controlled by avoiding triggers and using medication as prescribed.

The American Lung Association

is here to help you manage your child's asthma symptoms and find a qualified health care provider.

Call or visit for support today:

1-800-LUNG-USA

www.lung.org/asthma

