What triggers YOUR asthma?

- Allergies
- Bed bugs
- Cockroaches
- Dander
- Fungi
- Mold
- Mites
- Pets
- Pollen
- Smoke
- Spiders
- Chemicals
- Dirt and dust
- Fire smoke
- Pollution

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How can you avoid YOUR asthma triggers?

- Cooking fumes
- Pets
- Smoke
- Pollen
- Flowers
- Grass
- Mold
- Dust mites
- Wool
- Cleaning products
- Chemicals
- Foods
- Infants
- Dry air
- Cold air
- Hot air
- Infections