



*(Print out this list and check off your triggers. Bring this with you to discuss with your health care provider)*

A personalized list of asthma triggers for: \_\_\_\_\_

- Allergens such as: animal dander (cats, dogs, rabbits, and horses), pollen (trees, grass, and weeds), mold and house dust mite.
- Air pollutants
- Certain drugs: Aspirin, ibuprofen
- Certain weather conditions: fog, thunderstorms, high ozone levels
- Cold, dry air
- Exercise
- Food additives/preservatives: MSG, sulphites
- Hormonal changes in women: pregnancy
- House dust and house-dust mites
- Infections/colds/viruses
- Mould
- Occupational allergens such as: flour, latex, red cedar dust and many more
- Physical activity
- Pollution (campfire smoke, diesel fuel)
- Second hand tobacco smoke
- Some foods such as peanut and seafood
- Strong emotions such as crying, laughing and stress
- Strong odours (sprays, perfume, paint, aerosols)
- Tobacco Smoke (including passive exposure [other people smoking])