

# Asthma Triggers



**Asthma triggers are things that make asthma symptoms worse. Some asthma symptoms are:**




- Shortness of breath
- Tightness or pain in the chest
- Wheezing (a low or loud whistling sound when you breathe in or out)
- Coughing

It is important to find out what triggers make your asthma worse. You may have many triggers or just one. For example, being active may be an asthma trigger for some people. Make sure you know how to use your asthma medicines.

**Below is a list of asthma triggers, where they can be found and what you can do to reduce your exposure.**

Asthma Triggers	Where They Are Found	Check Off What You Can Do
 <p><b>Pets</b></p>	<ul style="list-style-type: none"> <li>• Skin flakes (dander)</li> <li>• Saliva</li> <li>• Animal fur</li> <li>• Urine and feces from pets</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clean your home thoroughly if a pet has lived there</li> <li><input type="checkbox"/> Keep pets away from where you sleep</li> </ul>
 <p><b>Dust Mites</b></p>	<ul style="list-style-type: none"> <li>• Mattress</li> <li>• Pillows</li> <li>• Sheets and covers</li> <li>• Carpeting</li> <li>• Stuffed toys</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cover your mattress and pillow in a dust-proof cover</li> <li><input type="checkbox"/> Wash sheets, covers and stuffed toys weekly</li> <li><input type="checkbox"/> Vacuum carpet weekly</li> </ul>
 <p><b>Smoke and Vape</b></p>	<ul style="list-style-type: none"> <li>• Exposure to smoking or vaping</li> <li>• Residue from smoke or aerosol from e-cigarettes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid smoking or vaping</li> <li><input type="checkbox"/> Avoid areas where people smoke or vape</li> <li><input type="checkbox"/> Call CalOptima Health for help to quit smoking</li> </ul>
 <p><b>Cockroaches and Droppings</b></p>	<ul style="list-style-type: none"> <li>• Unclean areas</li> <li>• Dark and wet places</li> <li>• Surfaces with food crumbs</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Keep food and garbage in closed containers</li> <li><input type="checkbox"/> Keep surfaces clean</li> <li><input type="checkbox"/> Vacuum regularly</li> </ul>

# Asthma Triggers

Asthma Triggers	Where They Are Found	Check Off What You Can Do
 <p><b>Weather</b></p>	<ul style="list-style-type: none"> <li>• Changes in humidity or freezing temperatures</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Talk with your doctor about your medicines</li> </ul>
 <p><b>Pollen</b></p>	<ul style="list-style-type: none"> <li>• Pollen from plants such as grass, weeds, trees and flowers</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use a face covering on windy days</li> <li><input type="checkbox"/> Stay indoors with the windows closed when pollen counts are high</li> </ul>
 <p><b>Mold</b></p>	<ul style="list-style-type: none"> <li>• Can be found in damp areas such as bathroom walls, windows or pipes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fix leaky plumbing</li> <li><input type="checkbox"/> Remove all moldy, water-damaged items</li> <li><input type="checkbox"/> Dry surfaces well and quickly after cleaning</li> </ul>
 <p><b>Pollution and Odors</b></p>	<ul style="list-style-type: none"> <li>• Smog in the air</li> <li>• Places with lots of cars and factories</li> <li>• Paint, cleaning supplies and perfumes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stay indoors if air quality is poor</li> <li><input type="checkbox"/> Use an air purifier when possible</li> <li><input type="checkbox"/> Change the air conditioner filter often</li> </ul>
 <p><b>Extreme Emotional State</b></p>	<ul style="list-style-type: none"> <li>• Changes in breathing when you cry, become angry or laugh too hard</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Talk to your doctor about ways to reduce stress or medicine that may help</li> </ul>
 <p><b>Infections</b></p>	<ul style="list-style-type: none"> <li>• When you have a cold, the flu or COVID-19</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Contact your doctor right away or seek medical attention</li> </ul>



If you have any questions about this content, call CalOptima Health Customer Service at the toll-free numbers below. We have staff who speak your language. Please visit us at [www.caloptima.org/healthandwellness](http://www.caloptima.org/healthandwellness) or scan the QR code to see health videos. Medi-Cal: 1-888-587-8088 (TTY 711), Monday - Friday, from 8 a.m. to 5:30 p.m. OneCare (HMO D-SNP), a Medicare Medi-Cal Plan: 1-877-412-2734 (TTY 711), 24 hours a day, 7 days a week.