

# Five Common Indoor Asthma Triggers



## 1. Dust & Dust Mites

- Dust particles collecting in cluttered spaces, fabrics, upholstery, detergents, mold, furniture, carpet, and other permeable surfaces
- Tiny microscopic insects hide in bedding, mattresses, box springs, and stuffed animals

## 2. Tobacco & Secondhand Smoke

Tobacco smoke, including secondhand smoke, is unhealthy for everyone, especially people with asthma. Second hand smoke is the smoke that is released in the air when a smoker exhale. It is a mixture of gases and fine particles that are released when burning a cigarette, cigar, pipe, or e-cigarettes (vaping).



## 3. Pets in Home & School

Furry animals produce dander, very small particles that are carried through the air and inhaled and can trigger an asthma attack. Cat dander can take up to 30 days or longer to remove from the home.

## 5. Household Cleaners, Disinfectants & Deodorizers

Heavily scented chemicals and perfumes or fragrances from cleaning products, candles, air fresheners, etc. can bring on an asthma episode. Properly ventilate areas and get to the source of smelly odors in the home or school.



## 4. Pests & Cockroach Allergen

Rodents and pests such as rats and cockroaches produce hair, waste products, droppings, and skin shed that carry bacteria and other germs. When pests infest homes, these bacteria spread and become dangerous triggers.