

Asthma Triggers

Exercise

Viral Infections such as a Cold or Bronchitis

Sinus Infections

Cold Air

Cigarette Smoke

Perfumes, Hairspray

Paints

Other Chemicals

*Allergens such as Pollens, Animal dander,
Foods, Dust, Mold*

*Emotional Surges such as Yelling, Crying,
Screaming, Laughing*

