

Reduce Asthma Triggers

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The third step to taking control of your child's asthma is to reduce your child's asthma triggers in and around the home. Asthma Attacks usually do not occur randomly. They are usually set off by ordinary things around us such as dust, pollen, perfume, mold and cigarette smoke. These things are also know as asthma triggers because they trigger or cause an asthma attack. By reducing your child's asthma triggers in the home and in your community, your child will have more asthma-free days.



Dog cat mouse

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- [Is your child coughing in the Kitchen?](#)
- [How to make the rest of your home Asthma-Safe: Try doing any of these!](#)
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