

Asthma Triggers: What Usually Causes an Asthma Attack?

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Asthma attacks are caused by asthma triggers, irritants in the environment that cause asthma attacks. There are two types of triggers:

- **Allergic triggers set off an asthma attack in people who have allergies to those triggers.** For example, some people with asthma are allergic to cats and may get an asthma attack when they come into contact with cat hair. Is your child allergic to anything? If so, what?
- **Non-allergic triggers set off an asthma attack in *anyone* with asthma.**

Not all children react to the same triggers. It is important to identify what triggers your child's asthma. Below is a list of common asthma triggers.

Common Asthma Triggers

Allergic Triggers

Dust (house dust mites)
Mold
Pollen
Dog or Cat hair
Mice
Cockroaches
Aspirin
Preservatives in Food
Some food (food allergies)
Some beverages

Non-Allergic Triggers

Tobacco Smoke
Air Pollution and Smog
Cooking fumes, fumes from gas
Wood smoke
Fumes from kerosene
Paint fumes
Viral Respiratory Infections
Exercise
Weather changes (cold air)
Strong odors

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