

What Makes My Child's Asthma Worse?: My Child's Trigger Checklist

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Be a detective. Is there a room or place where your child often gets asthma attacks? After your child has an asthma attack:

1. Make a note of where your child was when the attack occurred and
2. Go back to that spot to and look for any of the following triggers on this checklist.



Detective

- House dust (dust mites)
- Mold
- Pollen
- Dog, Cat, Hamster, Rabbit, Bird or other furry pet
- Mice or rats
- Cockroaches
- Foods
- Cigarette smoke
- Smog and pollution
- Viral respiratory infections (cold, etc)
- Exercise and Weather changes
- Aspirin or other medicines
- Perfume or aerosol sprays
- Scented candles
- Paint fumes or harsh cleaning agents (bleach)
- Gas stove
- Wood smoke

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[your child coughing a lot in his or her bedroom? >](#)

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