











What are Your Asthma Triggers

Check all the asthma triggers that apply

Check	Asthma triggers	
		Pet/ Animal Dander
		Strong odors/ sprays
		Dust/ Dust mites
		Cockroach waste
		Pollen and Outdoor Mold
		Sulfites in food & drinks
		Indoor mold
		Some medications
		Cold weather
		Tobacco smoke
		Vacuum cleaning