What Triggers Asthma?

- Exercise, particularly running
- Respiratory infections, like colds and flu
- Allergies
- Cigarette smoke, fumes, dust mites, animal dander, cockroaches, mold, pollen, strong odors, sprays, and other irritants
- Weather, particularly cold air
- Emotional stress or excitement

What are the Symptoms of Asthma?

- Frequent coughing
- Wheezing
- Frequent respiratory infections, like colds and flu
- Chest tightness
- Trouble breathing
- Frequent night coughs
- Coughing after crying, laughing, or physical activity
You Can Prevent Asthma Attacks by Knowing the Triggers

- Learn what triggers attacks for your child
- Avoid triggers that bring on attacks, such as cigarette smoke, diesel exhaust and fertilizers
- Limit work and play outside when air pollution and pollen levels are high
- Keep asthmatic children away from farm areas high in mold irritants – storage areas, feed mixing work areas, hay, etc.
- If possible, do not use a wood-burning stove, kerosene heater, or fireplace

Parents should be aware of the unique triggers that are present on family farms such as wood smoke, fertilizers, pollen from crops and weeds, and chemicals, as well as areas high in mold such as feed and storage facilities.

Parents should be prepared to take the steps they can in order to avoid exposing asthmatic children to these unique triggers.

Education is the Key to Prevention!

- Educate your children about how to appropriately manage their asthma
- Educate yourself about ways to prevent and treat asthma
- Make sure you tell family members, playmates, and teachers what to do in case your child has a severe asthma attack
- You need to work with a physician on a plan to reduce your child’s asthma
- You should visit your child’s physician every six months
- You should know that allergy injections may reduce asthma attacks
- You need to make sure children are taking proper medication – along with the proper amount and duration

Parents can control their child’s asthma and help them become symptom free most of the time. Parents should note that asthma does not go away when their child’s symptoms clear up.

Need More Information?

- Allergy and Asthma Network Mothers of Asthmatics
  2751 Prosperity Avenue, Suite 150
  Fairfax, Virginia 22031
  Telephone: 800-878-4403; 703-641-9595
  www.aanma.org

- Asthma and Allergy Foundation of America
  1233 20th Street NW
  Washington, DC 20036
  Telephone: 1-800-7-ASTHMA (202-466-7643)

- National Asthma Education and Prevention Program (NAEP)
  National Heart, Lung, and Blood Institute Information Center
  P.O. Box 30105
  Bethesda, Maryland 20824-0105
  Telephone: 301-592-8573

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  U.S. Department of Health & Human Services
  Telephone: 1-877-KIDS-NOW (1-877-543-7669)
  www.insurekidsnow.gov