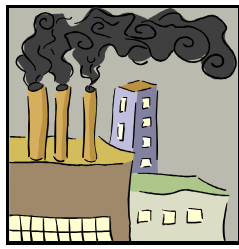


# ASTHMA TRIGGERS

Many things can start, or TRIGGER, an asthma flare-up, episode or attack. It's important to LEARN YOUR triggers and AVOID them.

SMOKE



STRONG ODORS



COLDS



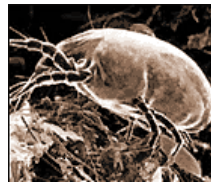
MOLD



DUST



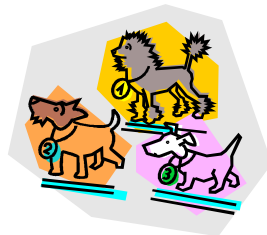
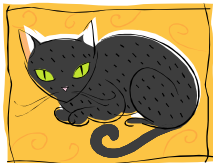
DUST MITES



STRESS



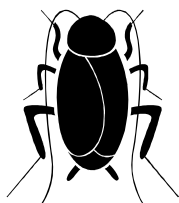
PETS



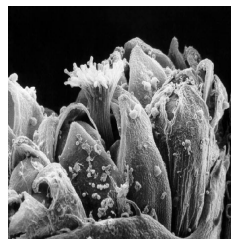
WEATHER



ROACHES



POLLEN



EXERCISE

