

# Did You Know?

## What Triggers Asthma & Allergies?

Asthma triggers are something you are sensitive to that makes your airways become inflamed. Inflammation of the airways will cause swelling, mucous production and narrowing in your airways. An allergy occurs when your body's immune system sees a certain substance as harmful. It reacts by causing an allergic reaction.

**For more information log on to: [www.aafa.org](http://www.aafa.org)**

## Allergy Triggers

- ✓ Drugs
- ✓ Insect
- ✓ Food
- ✓ Latex
- ✓ Mold
- ✓ Pet
- ✓ Pollen



## Asthma Triggers

- ✓ Respiratory Infections
- ✓ Allergens
- ✓ Medication
- ✓ Food Additives
- ✓ Cigar/Cigarette Smoke
- ✓ Reflux
- ✓ Exercise
- ✓ Strong Odors
- ✓ Emotions and Stress
- ✓ Cold Air
- ✓ Air Pollution