

# you can control Asthma Triggers

Environmental conditions that cause asthma symptoms are called triggers. Triggers irritate the lining of the airways, which can lead to an asthma attack. By identifying and reducing asthma triggers, **you can help reduce the impact asthma has on your child's life.**



Cockroaches

Air  
Pollution

Indoor  
Mold

Dust  
Mites

Rodents

Tobacco  
Smoke

Animal Dander

To identify and reduce exposure to asthma triggers visit:  
[www.cdc.gov/asthma/triggers.html](http://www.cdc.gov/asthma/triggers.html)

