



# SPRING FOCUS ON ASTHMA

For someone with asthma, spring is often a difficult time to manage asthma symptoms. Grass and pollen from trees and flowers can trigger an asthma flare-up.

## Asthma triggers are...

- Anything that can cause asthma symptoms or flare-ups.
- Different for everyone.
- Important to know. Identify what triggers your asthma symptoms.
- Often avoidable. Take steps to avoid your asthma triggers.

Some Common Triggers Are...	Control Triggers by...
Pollen	<p><b>Using an Air Conditioner</b> – Use an air conditioner, at least in the bedroom (change filter often).</p> <p><b>Using Filters</b> – Use a filter over each vent to help trap allergens (change filters often).</p> <p><b>Trying to keep windows closed.</b></p>
Dust mites (tiny “bugs” too small to see, which live in cloth or carpet)	<p><b>Covering Bedding</b> – Choose pillows with synthetic foam, or other man-made fillings. Cover mattress and box spring with dust mite-proof covers (wash at least once a week in hot water).</p> <p><b>Decorating Carefully</b> – Choose furniture, window covers, and flooring that can be easily cleaned.</p>
Pet dander (flakes of skin or dried saliva from animals)	<p><b>Limiting Exposure to Pets</b> – Keep pets with fur or hair outside. At the very least, keep the bedroom “pet free.”</p>
Smoke and strong odors	<p><b>Controlling Odors</b> – Keep home smoke-free, and reduce the use of household cleaners. Avoid people wearing perfume.</p>
Mold	<p><b>Maintaining Dry and Clean Areas</b> – Keep bathrooms and basements dry with a fan or dehumidifier to prevent mold. Clean moldy surfaces with bleach.</p>
Stress	<p><b>Reducing Stress</b> – Learn ways to reduce stress and tension, such as meditation and yoga. Focus on things that keep you calm or happy.</p>
Exercise	<p><b>Planning Your Exercise</b> – Take your medicine before you exercise as directed by your doctor to prevent symptoms.</p>

Worsening of your asthma symptoms might be a sign that you are having a flare-up.



**Take your controller medicine as directed by your doctor and avoid your asthma triggers. If your asthma symptoms are worsening, be sure to contact your doctor.**



This material was developed by GlaxoSmithKline.

