

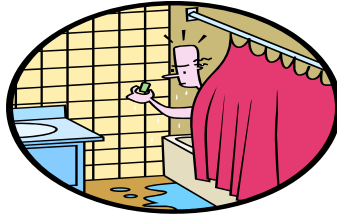
# Avoid Triggers that Start Asthma Attacks

## Irritants



Colds/Flu

## Indoor



Molds

## Outdoor



Grass/Pollen



Exercise



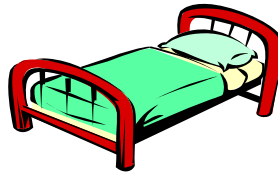
Animals



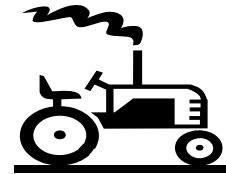
Dust Mites



Detergents



Bedding



Diesel Fumes



Cigarette Smoke



Roaches



Weather Changes