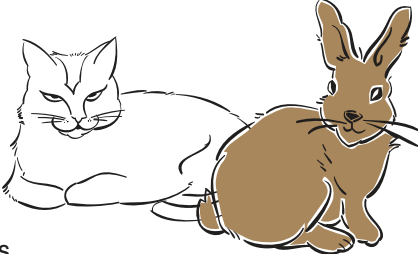
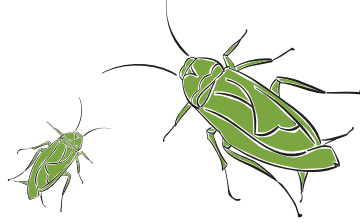




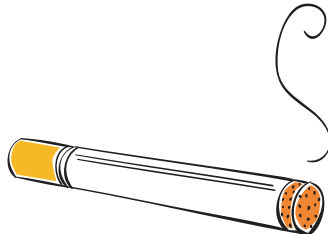

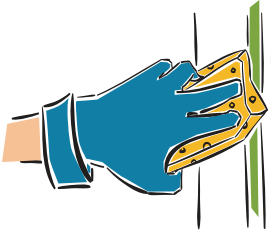



Common Asthma Triggers

A trigger is something that causes asthma symptoms. Learn the particular asthma triggers for each child with asthma in your program. Triggers include:

<p>Furry and feathered animals</p>  <p>cats, dogs, hamsters, guinea pigs, birds, rabbits and other furry animals</p>	<p>Pests</p>  <p>cockroaches, mice</p>	
<p>Exercise</p> 	<p>Pollen</p>  <p>grass, trees, plants, flowers</p>	<p>Dust and dust mites</p> 
<p>Food allergies</p> 	<p>Illness</p>  <p>colds and flu</p>	<p>Tobacco smoke</p> 
<p>Fumes, odors and strong scents</p>  <p>household cleaners, sprays, perfumes</p>	<p>Mold and mildew</p> 	<p>Weather and air pollution</p> 

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