

## Allergy Environmental Triggers & Asthma NETWORK for A for ASTHMA

Reducing exposure to asthma triggers can improve conditions where people with asthma live, learn, work and play.

## **BENEFITS**

- Reduce asthma-related ER visits and hospitalizations
- Decrease missed school days
- Reduce healthcare costs

## Types of Triggers

Indoor sources



- Mold
- Secondhand smoke
- Dust mites
- Rodents
- Cockroaches
- Animal dander

**Outdoor** sources



- Vehicle exhaust
- Factory emissions
- Smoke
- Pollen
- Mold spores

Occupational sources



- Dust (wood on construction sites, grain on farms, cotton and textiles)
- Chemical vapors (paints, adhesives, packing materials)
- Metal manufacturing
- Powdered allergen-rich natural rubber latex gloves