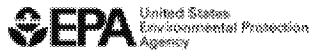


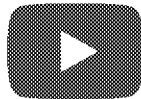
An official website of the United States government.



Asthma Triggers: Gain Control

Breathing Freely: Controlling Asthma Triggers

Breathing Freely: Controlling Asthma ...



This video features medical professionals, families and children living with asthma. (00:09:57)

Americans spend up to 90 percent of their time indoors. Indoor allergens and irritants play a significant role in triggering asthma attacks. Triggers are things that can cause asthma symptoms, an episode or attack or make asthma worse. If you have asthma, you may react to just one trigger or you may find that several things act as triggers. Be sure to work with a doctor to identify triggers and develop a treatment plan that includes ways to reduce exposures to your asthma triggers.

For more information, view EPA [Asthma Resources](#) and [Publications](#).

Secondhand Smoke

Dust Mites

Molds

Cockroaches and Pests

Pets

Nitrogen Dioxide

Outdoor Air Pollution

Chemical Irritants

Wood Smoke

Secondhand Smoke

- [About Secondhand Smoke and Asthma](#)
- [Actions You Can Take](#)
- [Additional Resources](#)

About Secondhand Smoke and Asthma



Secondhand smoke is the smoke from a cigarette, cigar or pipe, and the smoke exhaled by a smoker. Secondhand smoke contains more than 4,000 substances, including several compounds that cause cancer.

Secondhand smoke can trigger asthma episodes and increase the severity of attacks. Secondhand smoke is also a risk factor for new cases of asthma in preschool-aged children. Children's developing bodies make them more susceptible to the effects of secondhand smoke and, due to their small size, they breathe more rapidly than adults, thereby taking in more secondhand smoke. Children receiving high doses of secondhand smoke, such as those with smoking parents, run the greatest relative risk of experiencing damaging health effects.

Actions You Can Take

- Don't let anyone smoke near your child.
- If you smoke — until you can quit, don't smoke in your home or car.

Additional Resources

- [Secondhand Tobacco Smoke and the Health of Your Family Brochure](#) [EPA 402/F/09/004]

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