

knowledge is power

Managing Asthma Triggers in Children

Identifying your child's asthma triggers. The path to an asthma diagnosis is not always clear. Kids often get sick with symptoms of wheezing and coughing that can be mistaken for the common cold.

What's causing the symptoms?

The two main types of asthma are allergic and non-allergic. Both types of asthma can cause similar symptoms, including wheezing, coughing, chest tightness, and shortness of breath.



Allergic Asthma: triggered by allergens such as pollen, pet dander, mold, or dust mites.

Non-Allergic Asthma: factors such as cold air, exercise, stress, or respiratory infections.

ZESTFULL PRO TIP!

Get clarity on what is triggering your child's asthma with an allergy blood test.

Did you know that you can request an allergy blood test from your allergist or primary care provider?

Managing Your Child's Asthma

- 1. Avoid triggers:** Take steps to minimize your child's exposure to known asthma triggers like pollen, pet dander, or environmental pollutants.
- 2. Create a safe environment:** Keep your home clean and allergen-free.
- 3. Empower your child:** Teach them how to recognize and manage their symptoms independently. Empowering them with knowledge and self-care skills builds confidence and improve their quality of life.



Asthma Trigger: POLLEN

- Use air purifiers with HEPA filters.
- Close windows during high pollen seasons.
- Opt for washable window coverings such as curtains.
- Wipe your pets after a walk as they can track pollens into the house.

Asthma Trigger: DUST

- Stuffed animals collect dust. Wash and dry on high heat regularly to help zap dust mites.
- Keep humidity below 50% with dehumidifiers or air conditioning.
- Use dust-mite bedding protectors and pillow coverings to help keep allergens out.

