

Outdoor Allergens & How They Trigger Asthma

Common outdoor allergens

- Tree pollen
- Grass pollen
- Weed or ragweed pollen
- Mold spores
- High-pollen and windy days



How allergens trigger asthma

- 1 You breathe in the allergen.
- 2 Your immune system reacts.
- 3 Airways get swollen, tight, and make extra mucus.
- 4 Symptoms can start: cough, wheeze, chest tightness, or shortness of breath.



What to do

- Check pollen forecasts
- Keep windows closed on high-pollen days
- Shower and change clothes after playing outside
- Take asthma and allergy medicines as directed



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Indoor Allergens

Indoor allergens are tiny substances in the home that can irritate sensitive airways and trigger asthma symptoms.



Dust mites — in pillows, mattresses, carpets, and stuffed animals



Pet dander — tiny flakes from cats and dogs



Mold — grows in damp places like bathrooms and basements



Cockroach and rodent allergens — often found in kitchens and older buildings

Helpful tips

- Wash bedding weekly in hot water
- Use mattress and pillow covers
- Fix leaks and reduce dampness
- Keep pets out of the bedroom
- Clean crumbs and seal food



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Allergens & Asthma

How indoor and outdoor allergens can trigger coughing, wheezing, and trouble breathing.



Little Lungs

— OF LONG ISLAND —

Pediatric Cough Clinic

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What Are Your Triggers?

Check the things that can make your asthma worse.

At home

- ☐ Dust or dust mites
- ☐ Mold
- ☐ Pets or dander
- ☐ Smoke or vaping
- ☐ Strong smells or cleaning sprays



Outside

- ☐ Tree pollen
- ☐ Grass pollen
- ☐ Weed or ragweed pollen
- ☐ Air pollution
- ☐ Cold air



By season or illness

- ☐ Spring pollen
- ☐ Summer ozone
- ☐ Fall ragweed
- ☐ Winter viruses
- ☐ Colds, flu, or RSV



Other triggers:



My Trigger Tracker

Use this page to notice patterns and share them with your asthma team.



When does my asthma bother me?

What was I around?

What symptoms did I have?

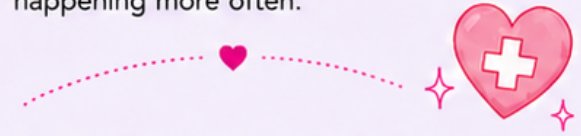
What helped me feel better?

Questions for my next visit



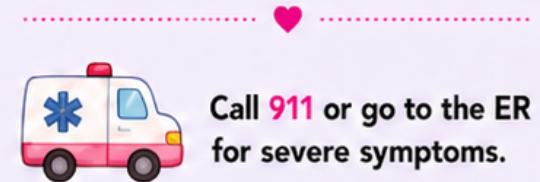
Need Help?

Call the office for asthma questions, refills, school forms, or if symptoms are happening more often.



Get help now if your child has:

- Trouble talking, walking, or drinking because of breathing
- Ribs pulling in or breathing very hard
- Blue or gray lips or face
- Rescue medicine is not helping or symptoms return quickly



Call **911** or go to the ER for severe symptoms.



Follow your child's personal **Asthma Action Plan.**

