

What Triggers Asthma?



Scan the QR code to take a look at all of Monkey's asthma resources!

MULTI TRIGGER WHEEZE

All of these things can be triggers that may make it hard to breathe. The air that comes out when you breathe out may sound like a wheeze or a cough.

Tick your asthma triggers.



Moulds and spores



Exercise



Feelings



Pollen, grass, and trees



Animals' fur and feathers



Dust



Everybody is different and everyone has different triggers for asthma.

Coughs and colds



Cigarettes



Cold weather



Air pollution

