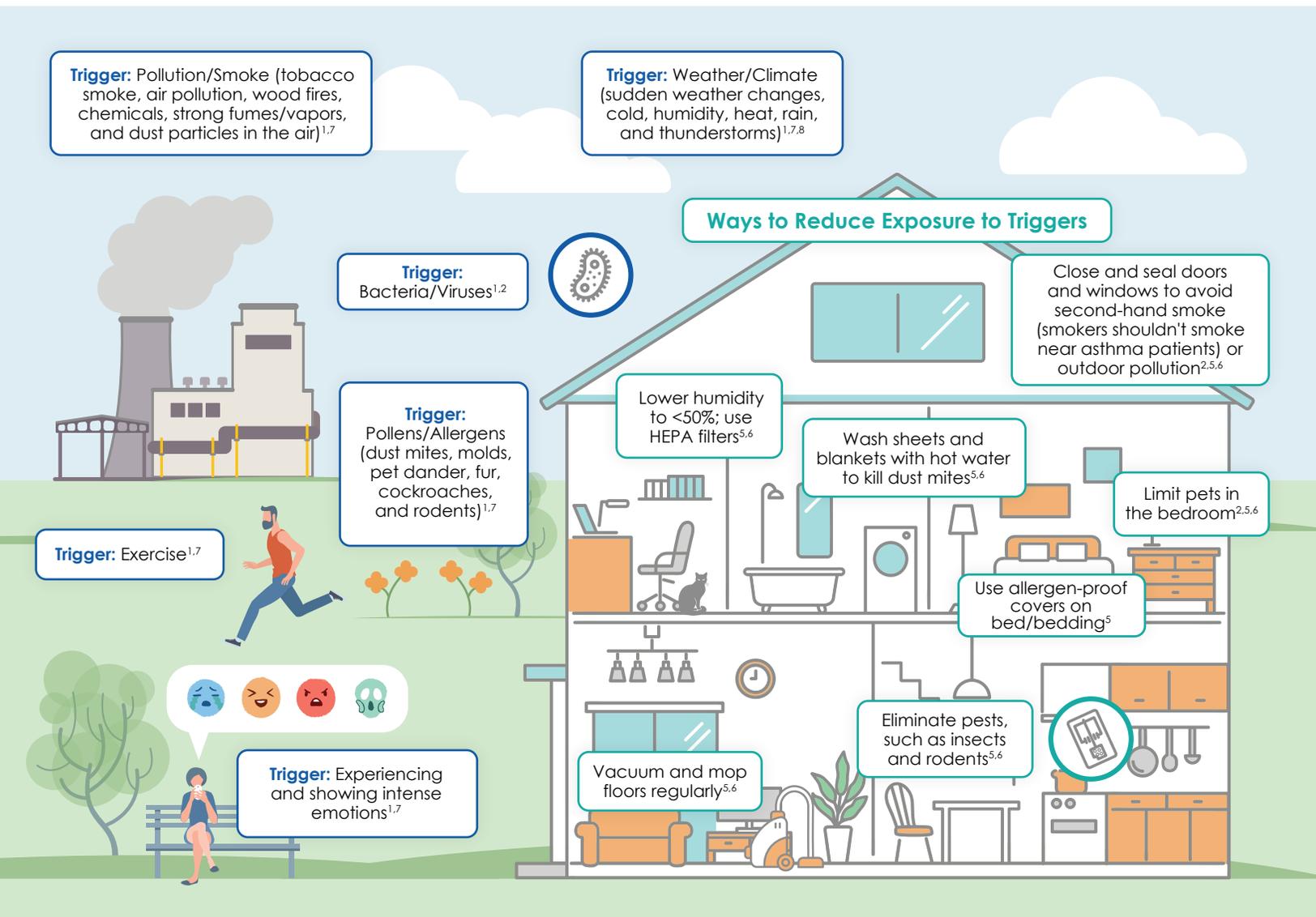


Asthma Triggers and Ways to Reduce Exposure

Changing a few habits can help you avoid asthma triggers and keep your asthma under control^{1,2}

Triggers can cause the airways to tighten and produce mucus, leading to an asthma attack and breathing difficulties^{3,4}

Reduce Exposure to Asthma Triggers Around Your Home and Outdoors^{2,5,6}



For additional information,
please visit luma-edu.com

HEPA, high-efficiency particulate air.

1. National Heart, Lung, and Blood Institute. www.nhlbi.nih.gov/health/asthma/causes. Accessed January 16, 2026. 2. National Heart, Lung, and Blood Institute. <https://www.nhlbi.nih.gov/health/asthma/living-with>. Accessed January 16, 2026. 3. American Lung Association. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/learn-about-asthma/what-is-asthma>. Accessed January 13, 2026. 4. Goyal G, et al. *J Clin Med*. 2024;13:5775. 5. Centers for Disease Control and Prevention. <https://www.cdc.gov/asthma/control/index.html>. Accessed January 16, 2026. 6. American Lung Association. <https://www.lung.org/blog/asthma-and-indoor-air>. Accessed January 16, 2026. 7. Asthma and Allergy Foundation of America. <https://aafa.org/asthma/asthma-triggers-causes/>. Accessed January 16, 2026. 8. Asthma and Allergy Foundation of America. <https://aafa.org/asthma/asthma-triggers-causes/weather-triggers-asthma/>. Accessed January 16, 2026.

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Changing a few habits can help you avoid asthma triggers and keep your asthma under control^{1,2}

Make Healthy Choices^{2,3}



Eat heart-healthy foods like fruits and vegetables^{2,3}



Develop healthy sleep habits like^{2,3}

- Going to sleep and waking up at the same time every day
- Following a calming bedtime routine
- Keeping your bedroom cool and dark
- Avoiding exposure to mobile phones and laptops for 1 to 2 hours before bedtime



Exercise regularly as advised by your healthcare professional^{2,3}



Maintain a healthy weight^{2,3}



Practice breathing exercises for relaxation, which can help with asthma symptoms²



Manage stress with yoga, meditation, or counseling for mental health^{2,3}



Avoid tobacco smoke^{2,3}



Take your medication the way your healthcare professional has advised^{2,3}

Always follow the recommendations that your healthcare professional provides. Keep an asthma journal to identify your triggers and help your healthcare professional develop a personalized asthma action plan for you.



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1. National Heart, Lung, and Blood Institute. www.nhlbi.nih.gov/health/asthma/causes. Accessed January 16, 2026. 2. National Heart, Lung, and Blood Institute. <https://www.nhlbi.nih.gov/health/asthma/living-with>. Accessed January 16, 2026. 3. Allergy & Asthma Network. <https://allergyasthmanetwork.org/what-is-asthma/lifestyle-changes-to-manage-asthma/>. Accessed January 16, 2026.