Asthma & Allergy Triggers

Strong Odors

When you have asthma, your airways already tend to be inflamed and irritated. This makes them extra sensitive to anything you inhale. Some chemicals produce strong odors and/or fumes that can further irritate already inflamed airways worsening your asthma.

- Avoid strong smelling products, such as perfume, talcum powder, hairspray, air fresheners and scented products.
- Take precaution in stores with aromatherapy products or large amounts of chemicals.
- Do not stay in your home when it is being painted. Use latex rather than oil based paint.
- Decrease cooking odors by using exhaust fans or opening windows.
- Do not use room deodorizers.
- Avoid cleaning supplies containing ammonia or bleach. Use all cleaning products in well-ventilated areas.
- Develop an action plan with your physician to help prevent asthma flare-ups and deal with ones you can’t prevent.