

What Asthma Triggers Are Hiding In Your Yard?

Asthma in Sacramento

- More than **1 in 7** County residents have been diagnosed with asthma, which is a disease that makes breathing difficult.
- Although there is no cure, asthma symptoms can be reduced by avoiding things that cause asthma attacks and by taking asthma medications.

Outdoor Asthma Triggers

Air pollution
Pollen
Some pesticides

You Can Reduce Outdoor Asthma Triggers

- Reduce air pollution by using manual or electric tools (like a push broom or electric lawn mower) instead of gas-powered gardening tools.
- Minimize pollen levels by choosing plants pollinated by insects or birds (like rosemary or salvia). These plants release less pollen into the air than plants that spread pollen mainly by the wind (like pine or juniper).
- Avoid pesticides by selecting nonchemical methods to control pests. This can include pulling weeds, using sticky traps, or attracting helpful insects (like ladybugs or green lacewings) to help control garden pests (like aphids and mealy bugs).
- Talk with your doctor to identify asthma triggers and to develop an asthma action plan for all family members that have asthma.



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