

Asthma triggers

X Q Z Z I O U L M N Z R J U K K N
X Q X H T A Z T C O L D V C Q A B
R P W C O J G Q K O F E U I E W R
T W E M O T I O N S T B B G S H Q
I E E P L R G E A I R N P A I H Y
X A V G U L F C M H Y O Q R C L W
B T T W B K S T Q D L L U E R F E
M H I Y Q N S O R L H A H T E T X
Q E Q T Z U F A E V A T U T X M K
M R P E D F E N K J H J K E E V K
L X F C O C K R O A C H E S A B P
I D Q N G Z I P L O G Y Y M D K Q
J R V Q Z B W P P Z U M F O O N M
Z G E H M M W I X A R U Z K F F R
C K W V E K R E D N A D T E P Y G
U Q M G O J M E D S A Y W V J V U
X U N W Z Z L S U X V R G E E C Q

cigarette smoke

cockroaches

pet dander

emotions

dustmite

exercise

weather

pollen

cold

flu