

Allergies

- Foods such as nuts, chocolate, eggs,
- Orange juice, fish, milk, peanut butter
- Pollens from flowers, trees, grasses, hay ragweed
- Mold spores
- Animals such as rabbits, cats, dogs, hamsters, gerbils, chickens, birds
- Feather pillows, down comforters
- Insect parts such as those from dead cockroaches

Household Products

- Vapors from cleaning solvents, paint, paint thinner, liquid chlorine bleach
- Sprays from furniture polish, starch, cleaners, room deodorizers
- Spray deodorants, perfumes, hair sprays, talcum powder, scented cosmetics

Dusts

- Cloth upholstered furniture, carpets, draperies that gather dust
- Brooms and dusters that raise dust
- Dirty filters on hot air furnaces and air conditioners that put dust into the air

On the Job

- Dusts, vapors or fumes from:
 - Wood products(western red cedar, some pine and birch woods, mahogany
 - Flour, cereals, grains, coffee, tea, papain
 - Metals (platinum, chromium, nickel sulfate, soldering fumes)
 - Cotton, flax, hemp
- Molds from decaying hay

Weather

- Blasts of cold air
- Excessive humidity
- Changes in seasons

Air Pollution

- Traffic jams
- Parking jams
- Smoke –filled room

Exercise

- Wheezing may begin after overexertion
- Lying down, tiredness, accumulating mucus

Infection

Colds, other viruses, bronchitis, tonsillitis, sore throats

Emotions

Fear, anger, frustration, laughing too hard, crying, coughing

Smoke

From cigarettes, cigars, pipes-either yours or from someone else