

Fragrances & Your Breathing

Why do smells bother my breathing?

Allergies and irritants are common triggers for asthma and COPD. You may be allergic to fragrances and scents.

What fragrances and odors might make my breathing worse?

- Perfumes
- Cleaning products
- Air fresheners
- Scented laundry detergent
- Smoke
- Air pollution



What can I do?

- Stay away from asthma triggers when you can
- Speak up! Ask others not to use scents around you
- Know your breathing zones (green, yellow, red) and action plan
- See your doctor regularly
- Take your medicine on time, not just when you feel bad
- Keep your quick-relief medicine with you around triggers

How do fragrances and odors impact my asthma or COPD?

Fragrances can start or worsen asthma or COPD symptoms. You might have a harder time breathing. Add this as a trigger to your action plan.



**Scan to
learn more**

