

# Asthma and allergies

Allergens are a common cause of asthma.

Work in partnership with students, family, and whānau to identify potential asthma triggers in your learning environment.

The most common allergens that cause asthma are:

- ✓ dust mites
- ✓ dander from animals (skin, scales, and fur)
- ✓ rodent urine
- ✓ insect debris
- ✓ food dust
- ✓ pollens
- ✓ moulds

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