

Reduce airborne allergy triggers

A suggestion for implementing the strategy
'Create an inclusive learning environment'
from the Guide: [Allergies and learning](#)

Includes:

Airborne allergens

Identify triggers in your classroom

Limit exposure

Potential triggers

Useful resources

Inclusive Education

From

Guide: [Allergies and learning](#)

Strategy: [Create an inclusive learning environment](#)

Suggestion: [Reduce airborne allergy triggers](#)

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07 July 2026

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inclusive.tki.org.nz/guides/allergies-and-learning/reduce-airborne-allergy-triggers

Airborne allergens

Children and young people may respond to airborne allergens by sneezing or scratching, coughing, having itchy eyes or a runny nose, and their eczema may flare.

Common airborne allergens include:

- pollens from grasses, trees, and weeds
- animal saliva, hair, and dander
- droppings from cockroaches and house dust mites
- mold and mildew spores.

Airborne allergens are not often triggers for anaphylaxis.

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Identify triggers in your classroom



Source:

[American Academy of Asthma, Allergies, and Immunology](https://allergist.aaaai.org/just-for-kids/school/)

<https://allergist.aaaai.org/just-for-kids/school/>

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Limit exposure

Exposure to allergens can vary by time, location, and type of room within a building.

- ✓ Find out if pets and their habitats, such as straw and hay, are potential allergen triggers.
- ✓ Use air conditioners and keep windows and doors closed during windy days and high pollen seasons.
- ✓ If possible, refrain from outside activities during times of high pollen counts – [Annual pollen calendar, Allergy New Zealand](#).
- ✓ Avoid walking in areas with long grass on trips and excursions.
- ✓ Wash bedding used in early childhood centres and medical rooms in hot water weekly.
- ✓ Wash toys and dress-ups regularly to eliminate dust.
- ✓ Wipe down window sills and areas where dust gathers.
- ✓ Plan to clean carpets throughout the year.
- ✓ Keep areas free of leftover food and drink as this can encourage cockroaches and small rodents.
- ✓ Wipe all surfaces after food preparation and eating.

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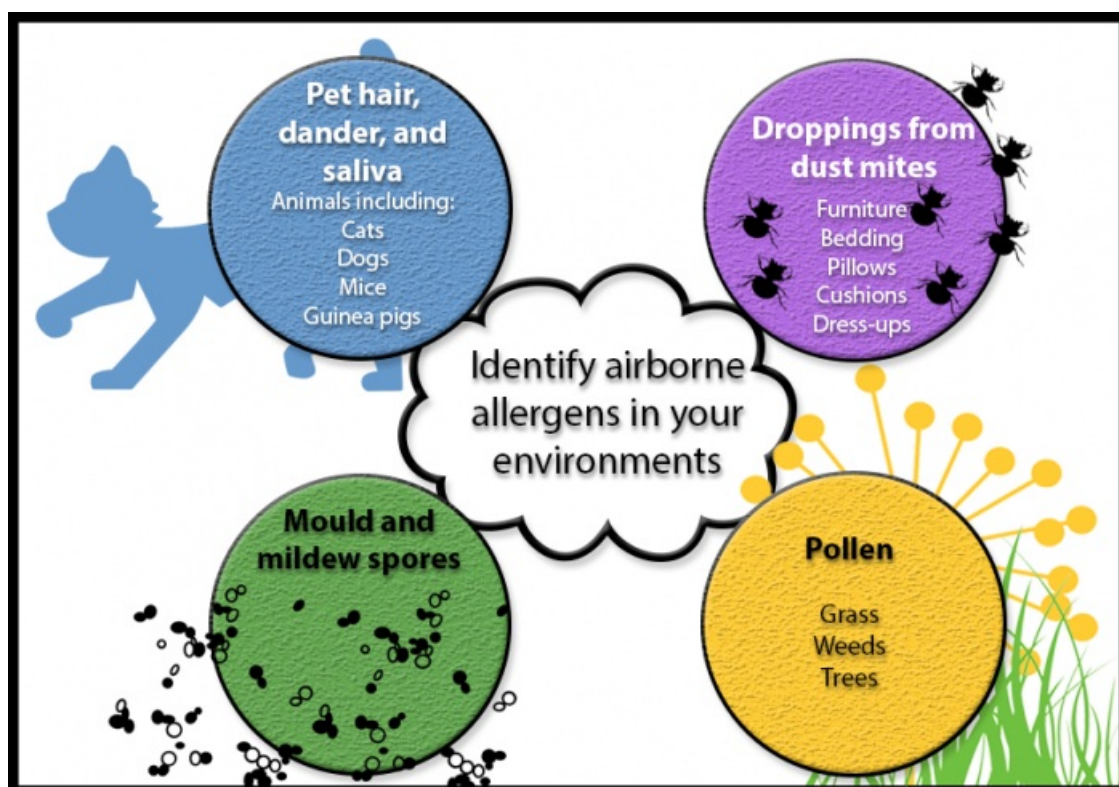
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Potential triggers



Source:

Ministry of Education

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Useful resources



Pet allergy

This fact sheet provides information on pet allergies.

Publisher: Australasian Society of Clinical Immunology and Allergy

[Visit website](#)



Allergen minimisation

This information includes advice about how to limit exposure to allergens.

Publisher: Australasian Society of Clinical Immunology and Allergy

[Visit website](#)



Types of allergies

This website provides useful, detailed information on a broad range of allergy triggers.

Publisher: American College of Allergy, Asthma & Immunology

[Visit website](#)

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