

Inclusive Education

From

Guide: [Allergies and learning](#)

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

Suggestion: [Reduce airborne allergy triggers](#)

Date

07 August 2025

Link

[inclusive.tki.org.nz/guides/allergies-and-learning/reduce-airborne-allergy-triggers](https://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.

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.

---

