

Identify and reduce common asthma triggers

A suggestion for implementing the strategy 'Create inclusive learning environments' from the Guide: [Asthma and learning](#)

-
- Includes:**
- Common asthma triggers
 - Asthma and allergies
 - Allergen-free environment
 - Useful resources

Inclusive Education

From

Guide: [Asthma and learning](#)

Strategy: [Create inclusive learning environments](#)

Suggestion: [Identify and reduce common asthma triggers](#)




Date

07 July 2026

Link

inclusive.tki.org.nz/guides/asthma-and-learning/identify-and-reduce-common-asthma-triggers

Common asthma triggers

Common asthma triggers	Reducing asthma triggers
<p>Allergens</p>  <ul style="list-style-type: none">• Pollen – from trees, plants, and grasses, including freshly cut grass• Animal dander from pets with fur or hair• Dust mites – in dust, carpeting, soft toys, pillows, and upholstery	<ul style="list-style-type: none">• Mop and damp dust often.• Reduce classroom clutter and store materials in covered containers to make cleaning easier.• Use wood, tile, or vinyl floor coverings instead of carpet. If a classroom has carpet, vacuum it frequently when students are out of the classroom.• Keep pets with fur or hair out of the classroom.• Use low-odour products for cleaning.• Minimise eating in the classroom to reduce pests. Food stored in the classroom should be in sealed containers. Clean spills immediately.• Do not spray pesticides during school terms.• Do not use products with strong odors, such as perfumes and air fresheners.• If possible, on days with high pollen counts, keep windows closed. Provide alternative indoor activities.• Report unusual odours, mould or moisture problems straight away.
<p>Irritants</p>  <ul style="list-style-type: none">• Strong smells and sprays, such as perfumes, paints, cleaning solutions, talcum powder, and pesticides• Air pollutants• Cigarette and other tobacco smoke	
<p>Other triggers</p>  <ul style="list-style-type: none">• Upper respiratory infections – colds or flu• Changes in weather, exposure to cold air• Exercise – running or playing hard – especially in cold weather• Strong emotional expressions – laughing or crying hard, stress, and anxiety	

Source:

Ministry of Education

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Asthma and allergies

Allergens are a common cause of asthma.

Work in partnership with students, family, and whānu 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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Allergen-free environment



Source:

Balestier Hill Primary

<https://flic.kr/p/NU9mMg>

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Useful resources



Common asthma triggers

Read time: 15 min

Information on a range of asthma triggers and ways to reduce or avoid those.

Publisher: Asthma + Respiratory Foundation, NZ

[Visit website](#)



Triggers in asthma

Read time: 19 min

Information on allergic and non-allergic asthma triggers and how to practically reduce and manage exposure to these in this downloadable booklet.

Publisher: Asthma + Respiratory Foundation, NZ

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