




Common asthma triggers

Common asthma triggers	Reducing asthma triggers
<div>Allergens <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</div> <div>Irritants <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</div> <div>Other triggers <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</div>	<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 freshners.• If possible, on days with high pollen counts, keep windows closed. Provide alternative indoor activities.• Report unusual odours, mould or moisture problems straight away.

Source:
Ministry of Education

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