




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

[View full image \(411 KB\)](#)

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.

