

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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