




# Common asthma triggers

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

Source:  
Ministry of Education

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