Inclusive Education From Guide: Asthma and learning Strategy: Create inclusive learning environments Suggestion: Identify and reduce common asthma triggers Date 02 May 2024 Link

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

## **Common asthma triggers**

Common asthma triggers	Reducing asthma triggers
Allergens <ul> <li>Pollen - from trees, plants, and grasses, including freshly cut grass <ul> <li>Animal dander from pets with fur or hair</li> <li>Dust mites - in dust, carpeting, soft toys, pillows, and upholstery</li> </ul> </li> <li>Irritants <ul> <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> </li> <li>Other triggers <ul> <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> </li> </ul>	<ul> <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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