

Asthma and Sprays



**Asthma
Australia**

Consumer Fact Sheet

Deodorant, perfume, incense and strong scents

Asthma symptoms can be triggered by spray deodorants and strong scents including incense and perfume.

How do I minimise the impact of sprays on my asthma?

If you experience asthma symptoms in response to exposure to sprays, perfume, strong scents and incense you should avoid use of these products.

To minimise the impact of sprays and other triggers on your asthma it is important to continue to take your preventer medication as prescribed. This is usually daily and even when feeling well. Preventer medicines make the airways less sensitive to triggers, reduce redness and swelling and help to dry up mucus.

Carry your reliever medication with you at all times, even when you are feeling well. Make sure your written Asthma Action Plan is up to date, so you know what to do if your asthma starts to get worse.

Asthma Australia encourages people with asthma to inform others (e.g. family, friends and work colleagues) if sprays are a trigger, and ask them to avoid use or excessive use which might trigger asthma symptoms.

What can I do about sprays at my school/workplace?

Asthma Australia encourages schools, childcare services and workplaces to raise awareness of asthma triggers, including spray deodorants and strong scents, and minimise the risk of these triggers for people with asthma in their vicinity.

This can be achieved through displaying Asthma Australia's *Put the Spray Away* poster, distributing fact sheets, embedding messages into classrooms and newsletters or making setting-based policy change (e.g. use of roll on deodorants for staff/students and non-aerosol-based pest control products).

[Put the Spray Away Poster 1](#)

[Put the Spray Away Poster 2](#)

[Put the Spray Away Poster 3](#)