

Moving house with asthma

FACT SHEET prepared by the Asthma and Respiratory Foundation NZ

People who are thinking about moving to a different part of the country, or who are coming to New Zealand from overseas, often wonder what impact their new location might have on their asthma.

Where should I live in New Zealand?

Current research studies such as ISAAC (the International Study of Asthma and Allergies in Childhood) indicate that there aren't "good" or "bad" areas for asthma as such, but that the number of people with asthma is fairly similar across New Zealand. In addition, people have such different individual responses to their environment that it's almost impossible to predict how a move might affect them.

What should I do before I move?

If you are thinking of moving to a new place, and you know your asthma is affected by triggers such as pollen, it would be advisable to look into how common the trigger is there.

It's also important to consider your indoor environment, and how your asthma might be affected by moving to a different house or flat. For example, if your new home is poorly ventilated, damp, has old carpets, or has un-flued gas heating, your asthma may deteriorate. If the previous owner has had a cat or a dog, allergens from these animals may remain in the house for sometime.

What should I do after I move?

The Foundation's advice is to keep monitoring your asthma after you move and make any necessary adjustments in line with your asthma management plan. If your asthma changes significantly, see a doctor.

You should bear in mind that moving to a new area or home can be stressful and this may have an impact on your symptoms. If your child has asthma you will also need to consider the new school environment – changing schools, meeting new teachers and making new friends can all be very stressful for the child with asthma and may affect his/her condition.

You may also wish to make contact with an asthma society. Many areas have active societies or asthma support groups which are affiliated to the Foundation. These can provide you with free advice and information about local services.

The Asthma and Respiratory Foundation NZ can help you

The Asthma and Respiratory Foundation NZ is New Zealand's not-for-profit sector authority on asthma and other respiratory illnesses. We advocate to government and raise awareness of respiratory illnesses, fund research for better treatments and educate on best practice.

Check out our comprehensive website at asthmaandrespiratory.org.nz