



Tel 03 8846 4111
Email info@playaustralia.org.au
Web www.playaustralia.org.au

promoting the value of play

The Low Allergen Garden Brochure

The Asthma Foundation of Victoria has developed an excellent resource, [The Low Allergen Garden Brochure](#) which will be of interest to Play Australia members involved in the design and development of outdoor playspaces for children.

The brochure provides a list of suitable plants, as well as plants to avoid, and useful tips to assist in the enjoyment of “gardening without wheezing and sneezing”.

The brochure also offers advice on how to avoid contact with common garden allergies and asthma triggers. A simple First Aid Plan to follow if your asthma is triggered can also be found in this brochure.

Barbara Champion
[Executive Director](#)