

Asthma and Colour Fun Runs



Consumer Fact Sheet

The inhalation of any small particles could affect people with asthma. The colours used in the Colour Run are in powder form (corn starch), which could irritate the airways of someone with asthma and result in an asthma flare-up, particularly if they have a sensitivity to corn.

People with asthma should be aware of the potential risk, and use their best judgement as to whether it will affect them, this should include consulting their GP to ensure it is safe to participate.

If people with asthma are participating in the event they should ensure they take their preventer if prescribed leading up to the event, have a blue reliever puffer and spacer available and follow their written Asthma Action Plan or the Asthma First Aid Steps in the event they experience asthma symptoms. Additional protective measures include wearing a facemask.

We want the organisers to advise participants/spectators not to throw the powder in the face of runners.

Powder Ingredients

The below table outlines the ingredients used in the coloured powder, some ingredients may trigger asthma or allergic reactions in sensitive people.

Colour	Ingredient
All colours	Talc, Corn starch ²
Purple	Disodium Salt, Sea snail product or coal tar, Laccifer lacca (bug) carcass
Violet	Disodium Salt, Sea snail product or coal tar, Sapan (plant)
Pink	Disodium Salt, Sapan (plant)
Yellow	Coal tar ⁴ , Turmeric or Butea monosperma (plant)
Light Green	Sea snail product or coal tar, Coal tar ¹ , Turmeric
Green	Sea snail product or coal tar, Coal tar ¹ , Turmeric
Blue	Sea snail product or coal tar
Red	Aluminium salt, Coal tar ¹ , Rubia cordifolia (coffee plant), Pantang
Orange	Aluminium salt, Coal tar ¹ , Rubia cordifolia (coffee plant)

1. In the form of Tartrazine