

THUNDERSTORM ASTHMA INFO SHEET



If you have asthma or hay fever you may be at risk of thunderstorm asthma. Thunderstorm asthma can be dangerous and can cause severe difficulty in breathing. If you have asthma or hay fever, see your doctor to discuss options on how best to protect yourself during this thunderstorm season.

Steps to take this thunderstorm asthma season:

- Check your [asthma score online](#). If your score is not in the target range, see your doctor urgently to get your asthma more stable this thunderstorm asthma season.
- Discuss with your doctor the best treatments to manage your asthma and hay fever.
- Use your [anti-inflammatory inhaler](#) or preventer as prescribed.
- Carry your reliever inhaler with you at all times. Use this when you have symptoms.
- If you have hay fever, use a steroid nasal spray every day during the pollen season.
- Ask your doctor about getting an allergy test to confirm that you are sensitive to grass pollen allergens.
- Check your [local daily pollen levels](#) and stay inside with doors and windows closed when pollen levels are high. Peak pollen seasons differ from state to state, so know when you are most at risk.
- Stay indoors with doors and windows closed before, during and after thunderstorms. Particularly avoid the wind before the storm.
- Learn [Asthma First Aid](#). This will be part of your [Asthma Action Plan](#).
- In the event of an asthma attack, follow your Asthma Action Plan or call Triple Zero (000). Do not wait, act quickly.

For more information on thunderstorm asthma and how to be prepared, call **1800 ASTHMA (1800 278 462)** to speak with an Asthma Educator or visit asthma.org.au/thunderstorm-asthma

