

# THUNDERSTORM ASTHMA INFO SHEET



If you have asthma or hay fever (sneezing, itchy eyes or nose, dry cough) 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:

- Take the [Asthma Control Test](#) to check your level of asthma control; see your doctor urgently if your score is under 20
- Discuss with your doctor medications to manage both asthma and hay fever
- Use an asthma preventer inhaler every day, even when well
- Carry an asthma reliever puffer with you at all times
- Treat your hay fever and pollen allergies every day
- Watch for pollen levels and stay indoors with doors and windows closed when pollen levels are high
- Stay indoors with doors and windows closed before and during thunderstorms, particularly when windy
- See a doctor **immediately** or call Triple Zero (000) if you experience **any** difficulty breathing during this thunderstorm season
- 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](https://asthma.org.au/thunderstorm-asthma)

