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| Epidemic thunderstorm asthma campaign  |
| Newsletter and website content – for public audience  |
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## Get ready for grass pollen season

Grass pollen season brings an increase in asthma and hay fever. During the season, a high grass pollen count and a certain type of thunderstorm can also trigger [thunderstorm asthma](https://www.betterhealth.vic.gov.au/thunderstorm-asthma).

For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

In Victoria, the grass pollen season typically runs from 1 October to 31 December. Take action to prepare and protect yourself and people in your care this grass pollen season.

Find out more on the [Better Health Channel](http://www.betterhealth.vic.gov.au/thunderstormasthma) <www.betterhealth.vic.gov.au/thunderstormasthma>.

**(92 words)**

## Protect yourself this pollen season

Grass pollen season brings an increase in asthma and hay fever. It also brings the chance of [thunderstorm asthma](https://www.betterhealth.vic.gov.au/thunderstorm-asthma). For people with asthma or hay fever, especially those who experience wheezing and coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

In Victoria, the grass pollen season runs from 1 October to 31 December. There are things you can do to prepare and protect yourself and those in your care:

* It’s important for everyone in the community to know [**asthma first aid**](https://www.nationalasthma.org.au/asthma-first-aid) so they know what to do if they or someone is having an asthma attack.  Remember you can get an asthma reliever puffer from a pharmacy without a prescription.
* **Avoid being outside during thunderstorms** during grass pollen season – especially in the wind gusts that come before the storm. Go inside and close your doors and windows. Turn off any air conditioner on that brings outside air in (e.g. evaporative air conditioners).
* **If you’ve ever had asthma** – talk to your doctor about what you can do to help protect yourself from the risk of thunderstorm asthma this pollen season, including updating your asthma action plan. Remember, taking an asthma preventer as prescribed is key to preventing asthma, including thunderstorm asthma.
* **If you’ve ever had hay fever** – see your pharmacist to make sure you don’t also have asthma and discuss how to stay safe during grass pollen season. Your pharmacist may refer you to your GP if required.
* Monitor the epidemic thunderstorm asthma risk forecast on the [**Vic Emergency thunderstorm asthma forecast webpage**](https://www.emergency.vic.gov.au/prepare/#thunderstorm-asthma-forecast) or download the VicEmergency app (App Store or Google Play). You can set up a 'watch zone' for your location to receive advice and warnings about potential epidemic thunderstorm asthma events during the grass pollen season.

Protect yourself this pollen season – preventing and managing asthma matters.

For more information visit the [Better Health Channel](http://www.betterhealth.vic.gov.au/thunderstormasthma) <www.betterhealth.vic.gov.au/thunderstormasthma>

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