

Do you suffer from **asthma** or **hay fever**?

Grass pollen season is here



Thunderstorm Asthma can be life-threatening.

Know the risks. Get prepared. Stay safe.



See your GP about
an asthma action
plan or hay fever
treatment plan



Avoid
thunderstorms -
go indoors
before and during
thunderstorms.



For forecasts &
alerts, get the
VicEmergency
app



Always carry
your medication
in grass pollen
season



Learn
asthma
first aid

Learn more



 Grampians
Health
Grampians Public
Health Unit

 my.gh.org.au/thunderstormasthma