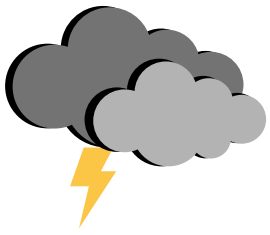


Do you suffer from **asthma** or **hay fever**?

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