Asthma and Hay Fever: Asthma and hay fever are common childhood conditions that can cause severe discomfort and affect quality of life. These conditions are often triggered by allergens such as dust mites and moulds. Other factors can also contribute to symptoms, including seasonal changes and environmental factors. It is important to identify and manage these triggers to reduce symptoms and improve quality of life.

- Asthma
  - Causes
    - Allergens (e.g., dust mites, moulds)
    - Respiratory infections
    - Exercise
    - Cold temperatures
    - Emotional stress
- Hay Fever
  - Causes
    - Pollen
    - Animal dander
    - Mold spores
    - Pets
  - Common Symptoms
    - Itching of the eyes, nose, and throat
    - Sneezing
    - Runny nose
    - Red, watery eyes
    - Congestion
    - Headache
    - Cough

To manage these conditions, it is important to identify and avoid triggers. Medications such as antihistamines, decongestants, and inhalers can help reduce symptoms. It is also important to practice good hygiene, such as washing hands regularly and using air conditioners to control allergens in the home.

For more information and support, contact your healthcare provider or local health services.
Thunderstorm asthma – community fact sheet (updated November 2017)
Thunderstorm asthma – community fact sheet (updated November 2017)

- The picture the document's page dimensions are 595.3x841.9, and the document content is in English.

- The text contains information about thunderstorm asthma, which is a condition that occurs during thunderstorms and can cause severe asthma attacks. The text also mentions that it is important to seek medical attention if experiencing symptoms of thunderstorm asthma.

- The text highlights that there are four steps of asthma first aid, which include:
  1. Noting the patient's condition and taking their history.
  2. Allowing the patient to use their reliever inhaler.
  3. Calling for emergency services.
  4. Administering oxygen and positioning the patient for better breathing.

- The text also mentions that if the patient's symptoms do not improve, they should be taken to hospital.

- The document is updated in November 2017 and provides important information for individuals who may experience thunderstorm asthma.
Thunderstorm asthma – community fact sheet (updated November 2017)
Thunderstorm asthma – community fact sheet (updated November 2017)

Asthma Australia

NURSE-ON-CALL 1300 60 60 24 – 24 hours, 7 days. Asthma and allergies decided by nurses.

National Home Doctor Service 13 SICK (13 7425) GP on call after hours

Asthma Australia Helpline 1800 ASTHMA (1800 278 462)

National Asthma Council of Australia 1800 032 495

Asthma Australia Asthma App

ASCIA (Australasian Society of Clinical Immunology and Allergy)

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