

Thunderstorm asthma overview

Grass pollen season brings the chance of thunderstorm asthma.

Thä de rut ayënnë ka ye adhima de deŋ bën.

It can affect those with **asthma or hay fever** - especially those who experience wheezing or coughing with their hay fever.

Ee kɔc tuaany në **adhima ku atuɔc de teem de rap** - cī mən de kɔc ye wëi ë yuiityuiit wëɛ kɔc ye ʒɔɔl në atuɔc den.

These thunderstorm asthma events don't occur every year but when they do, they can happen from October through December in south-east Australia.

Thää ke adhima de deŋ kenë acīe bën në ruun thok ku na looi kë, aye rɔt looi në pɛci de thiëër teem kë pɛci de thiëër ku rou kou Paan ciëën-cam de Athuruelia.

These events can be **sudden, serious, and even life threatening**, and many people may need help at the same time.

Ye kāk ye rɔt looi kë aleu bī kë **rɔt dac bëi, riel ke yic e kë ci jiel, ku ka leu bī kë piir nyiaac**.

So how does this happen?

Ë kënnë ye rɔt looi yë dé?

Pollen grains from grasses get swept up in the wind and carried for long distances.

Wɛl ci lony piny aye yom ke jot ku muk keek në thää mec.

Some burst open and release tiny particles that are concentrated in the wind, just before the storm.

Kɔk aye yiic rɛet ku bɔ nyīn thii kor bei thīn ye aliir thiɔɔŋic, tē ŋootë yomke kën dhiām.

They're small enough to go deep into the lungs and can make it difficult to breathe.

Aa kor arët bī ya lɔ në gɔyɔɔk yic ku yīkkī wëi cɔk riric.

This can become **very** severe, **very** quickly.

Ë kënnë ee bën rac **arët** në lantɔŋtɛ **arët**.

So how do you protect yourself during grass pollen season?
Ye rot tiit ëdë`në thä në tha de rur?

If you've ever had asthma or hay fever, or if you sneeze and wheeze during pollen season, speak to your doctor or pharmacist about an action plan and the things you can do to protect yourself.

Na ca kɔn nanj adhima wële atuoc de tɛm de rap, wële cɪ thonythony yɪ dɔm ku ye wëi ë yuiityuiit, në thä rur, ke yɪ jaamë wennë akim du wële raan ë wal gaam ku bɪ yɪ lëk keä ba ke looi ba rot tiit.

It's best to avoid being outside during thunderstorms from October through December – especially in the wind gusts that come before the storm. Stay inside and close your doors and windows.

Apieth ba ya rëer yööt në thä ke denj ë yom tueny ne kooi në pɛci de thiëer agut pɛci de thiëer ku rou- të cɪ giir puot ke denj ë yom ɲoot. Rëëre yööt ku thiok yöt du thok ku awëer.

Never ignore symptoms of asthma - wheezing, shortness of breath, chest tightness and coughing.
Duɔnnë kæk ye adhima nyuocoth gëel - wëi ëyuiityuiit, ku rier ëyic de wëi, ku të cen yɪ nhiaac piou ku yool.

And, know the 4 steps of asthma first aid.
Ku, nyic kæn kee ɲuan (4) yekke luoi raan cɪ adhima dɔm.

Protect yourself this pollen season.
Tit rot në rur bö kenë.

Managing asthma and allergies matters.
Tiët yennë adhima ku kæk cɪ guop ke kɔr tiætwei aa pieth.

Visit betterhealth.vic.gov.au for more information.
Nëm betterhealth.vic.gov.au të kɔr yɪn wël juëc.