

Thunderstorm asthma overview

Grass pollen season brings the chance of thunderstorm asthma.
Xilligan manka cawska wuxuu keenaa dhacdada asmada duufaanka.

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

Waxay saamayn kartaa dadka qaba **asmada ama sanboorka** – gaar ahaan dadka qaba qiixda ama qufaca laga qaado sanboorka.

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

Munaasabadaha asmada duufaanadan sannad kasta ma dhacaan hase ahaatee markay dhacaan, waxay ka dhacaan Oktoobar ilaa Diseembar koofur-bari Australia.

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

Munaasabadan waxay noqon karaan kuwo **kedis ah, oo daran, iyo xataa nafta halis-gelinaya**, markaasna dad badan ayaa u baahan kara caawimaad isla markaas.

So how does this happen?

Haddaba sidee bay arintan u dhacdaa?

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

Xabuubka manka cawska ayaa waxaa xaaqa dabaysha oo masaafo dheer u qaada.

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

Qaarkood way dilaacaan waxayna sii-daayaan waxyaalo yaryar oo ku urursan dabaysha, kahor duufaanta.

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

Aad bay u yaryar yihiin inay hoos ugalaan sanbabada waxaana adkaanaysa in la neefsado.

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

Tani waxay noqon kartaa mid **aad** u daran, oo **aad** u dhaqso badan.

So how do you protect yourself during grass pollen season?

Haddaba sidee baad isku ilaalin kartaa inta lagu jiro xilliga manka cawska?

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.

Haddii ay mar kugu dhacday asmo ama sanboor, ama haddii aad qufacdo ama qiixdo inta lagu jiro xilliga manka, kala-hadal dhaqtarkaaga ama farmashiistahaaga wixii ku saabsan qorshaha la-samayn karo iyo waxyaalaha aad samayn karto si aad naftaad u ilaaliso.

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.

Waxaa habboon in laga dheeraado in dibadda loo baxo intay jiraan duufaanaha laga bilaabo Oktoobar ilaa Diseembar – gaar ahaan xanfarka dabaysha oo yimaada kahor duufaanta. Gudaha iska-joog oo xiro albaabadaada iyo daaqadahaaga.

Never ignore symptoms of asthma - wheezing, shortness of breath, chest tightness and coughing.

Marna ha iska-dhegatiirin astaamaha asmada – qiixda, neef qabatoonka, xirnaanta xabadka iyo qufaca.

And, know the 4 steps of asthma first aid.

Ogsoonow 4ta tallaabo ee gargaarka kowaad ee asmada.

Protect yourself this pollen season.

Ilaali naftaad xilligan manka.

Managing asthma and allergies matters.

Maaraynta arimaha asmada iyo aleerjikada.

Visit betterhealth.vic.gov.au for more information.

Ka eeg betterhealth.vic.gov.au wixii macluumaad dheeraad ah.