

Thunderstorm asthma overview

Grass pollen season brings the chance of thunderstorm asthma.

Gaakni juaacni tin la pen piny guath in maag nhial ka yiele ke thul mi diit ken la muoc ke naath ke juey in coali yok-yok.

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

Jen la bece e lon ka ney tin te ke yok-yok kie bor puony mi diit – cet ke ney tin teke thony-thony kene kiel ke jen boor puany ediit emo.

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

Ken juath yok-yoka titi laa noon ke maag nhial kene yiele me, cike laa tuock ni cian rey runa, dunde yoo mi cike wee tuocke la tuocke elon ke jiom yoa ke pay in coali Lathbor kene Kur, ka la tuock e lon kui cuhec wec in coali - Australia.

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

Ken guath eti ke yuoc, jen bece, jen dere naath nak ba, ney ti nuan dee luak gor ke jen guath emo

So how does this happen?

Ka jen tuocke idi?

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

Ken dey gaakni juacni tin pen piny ka juaac la jiom ke laa lok ka be ke nan ni guathni ti nan nan e lon.

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

Ken gaakni juacni titi laa yar kee bi thandien te ke jith ti tietni e nuot ken nhial ni den kie ken thul ni ben ken bike te rey jom nhial en wini.

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

Ken kuetye elon ka laa wa ke ni rey puathni ka laa pen ke raan yiee egaa, be yiey ran cu kap.

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

Eneme be cu bec elon, ke peth elon.

So how do you protect yourself during grass pollen season?
Kä deri rō gaŋ idi miε guāth in laa pēn kε gaakni juaacni ben?

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.

Mi mi wii teke yōk-yōk kie bōōr puāāny mi diit, kie mi laa thiemi kä mocε ji thony thony guāth in pēn kε gaakni juaacni, ruacni kε kimdu kie ramin la moc naath wal jēn bε ji wā lāt dup tin deri gaŋ ni rō kε juēy εmō

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.

Jēn cuarε laa taye raar kε guāth mi cet kε rēy pay in cōali Lathboōōr kēnε Kur kε yōō kε kēn path tin la te kε thuōl kēnε yiēl kε māār nhieli ti dīt. Yiēn la taye ni duēli kä bia thuk dueli kēnε wernyiēēni gāk.

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

Cu jε meri **Dhōt** εnεmε mi diwi rōōdu cie ti kε yōk-yōk - kε thony thony, mi /ci yiee εgōaa, jēn bε thok loacdu cuo yiēn kä mocε ji kiel.

And, know the 4 steps of asthma first aid.

Dācni ŋuāth dāŋ 4 tin mal luāk rami cε kāp kε yōk-yōk.

Protect yourself this pollen season.

Bi rō yop ε gōa guāth in la pēn kε gaakni juaacni.

Managing asthma and allergies matters.

Tietde εn juēy yōk-yōkā kēnε lueŋ mi jīāk

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

Guic betterhealth.vic.gov.au kε kuic lāāri ti ŋuan