

## Thunderstorm asthma overview

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Grass pollen season brings the chance of thunderstorm asthma.

草花粉季節引發雷暴哮喘的機會。

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

草花粉會影響哮喘病或花粉熱的患者 — 尤其那些有氣喘或咳嗽的花粉熱患者。

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

雷暴哮喘事件不會每年發生，但發生時，會在 10 月至 12 月期間在澳洲東南部地區出現。

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

這些事件可能突如其來、很嚴重、甚至威脅生命，很多人可能立刻需要幫助。

So how does this happen?

這種情況是怎樣發生的？

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

草地的花粉顆粒被風刮起，被風吹到很遠的地方。

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

就在風暴之前，有些花粉顆粒爆裂後，釋放出微小顆粒，並集中在風裡面。

They're small enough to go deep into the lungs and can make it difficult to breathe.  
這些小顆粒非常微小，足以進入肺部深處，導致呼吸困難。

This can become **very severe, very quickly**.  
情況可能變得**非常嚴重，非常迅速**。

So how do you protect yourself during grass pollen season?  
那麼，怎樣在草花粉季節期間保護自己？

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.  
如果你曾有過哮喘病或花粉熱，或者你在花粉季期間會打噴嚏和氣喘，向你的醫生或藥劑師查詢關於行動計劃，或者可以做哪些事情來保護自己。

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.  
在 10 月至 12 月的雷暴期間盡量避免外出，尤其風暴之前吹強烈陣風時不要外出，應留在室內並關閉門窗。

**Never** ignore symptoms of asthma - wheezing, shortness of breath, chest tightness and coughing.  
**不要**忽視哮喘病徵兆 - 氣喘、呼吸短促、胸悶和咳嗽。

And, know the 4 steps of asthma first aid.  
要知道哮喘急救的 4 個步驟。

Protect yourself this pollen season.  
這個花粉季節請保護你自己。

**Managing asthma and allergies matters.**

管理哮喘和過敏症是非常重要的。

**Visit [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au) for more information.**

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