

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

အဝဲသွန်အံးဆံးဝဲဒီးကလဲန့ၣ်လီၤဆူပသိၣ်အပူၤညီကဒ်ဒီးကလဲထီၣ်တၢ်ဂ့ၢ်ကိလၢနကကသါအဂီၢ်န့ၣ်လီၤ.

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

တၢ်အံးကလဲထီၣ်တၢ်ဆိၣ်သးနးဒိၣ်န့ၣ်မ့ၢ်မ့ၢ်,ချ့သးဒိၣ်ဝဲ သ့န့ၣ်လီၤ.

So how do you protect yourself during grass pollen season?

အယိန့ၣ်နကဘၣ်ဒီးသဒါလီၤနသးဝဲ နီၣ်ဖိအကမူၣ်ဒ်အဆၢကတီၢ်အံးၣ်လဲၣ်.

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.

နမ့ၢ်ဆိၣ်ဒီးတၢ်သးဘံးမ့တမ့ၢ် လၢကိၢ်ခိဖျိန့ၣ်ဘၣ်နီၣ်ကမူၣ်အယိတဖၣ်,မ့တမ့ၢ်နမ့ၢ်ကဆဲးဒီးကူးဖးထီၣ်နီၣ်ဖိကမူၣ်ဒ်အဆၢကတီၢ်န့ၣ်.

ကတိၤတၢ်ဒီးနကသံၣ်သရၣ်မ့တမ့ၢ်ပုၤဆါကသံၣ်ဖိဘၣ်ယးဒီးတၢ်ပံးဂ့ၢ်ဝီတၢ်ရဲၣ်က့ၢ်လၢနကဒီးသဒါလီၤနသးအဂီၢ်တက့ၢ်.

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.

မ့ၢ်တၢ်အဂ့ၢ်ကတၢ်လၢနကဟးဆဲးလဲၤထီၣ်ဆူတၢ်ချၢဝဲကလံၤမ့ၢ်လီၤအကတီၢ်စးထီၣ်လါအိးကထီၣ်ဘၣ်တၢ်လီၤဆူလါဒ်ဝဲဘၣ်အကတီၢ်-လီၤဆီၣ်တၢ်လၢကလံၤဆူတၢ်ဖဲလၢကလံၤလၢအပဲအူတၢ်တချုးကလံၤမ့ၢ်လီၤဝဲအခါန့ၣ်လီၤ.အိၣ်လၢဒၢးအပူၤဒီးကးတံၣ်န့ၣ်ဝဲတြီဒီးဝဲတြီဖိတဖၣ်တက့ၢ်.

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

တဘၣ်လဲၤကဟ် တၢ်သးဘံးတၢ်ကူးဖးထီၣ်,တၢ်ကသါတန့ၢ်,သးနီၣ်ပုၤယံးဒီးတၢ်ကူးအတၢ်ပနီၣ်တဖၣ်တဂ့ၢ်.

And, know the 4 steps of asthma first aid.

ဒီး,သ့ၣ်ညါဘၣ်ယးဒီး တၢ်ကူစါယါဘျါဂီၢ်အူလွံၢ်ပတီၢ်လၢတၢ်သးဘံးအဂီၢ်တက့ၢ်.

Protect yourself this pollen season.

ဒီးသဒါနသးလၢနီၣ်အဖီချဲကမူၣ်ဒ်အဆၢကတီၢ်အံးတက့ၢ်.

Managing asthma and allergies matters.

ကွက်တီးတတ်သေးဘဲဒီးသွန်ထံတမ်းမံတိုက်ကထီၣ်သးတဖၣ်တက့ၣ်.

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

ကွက်ၣ် betterhealth.vic.gov.au လၢကသုၣ်ညါအါထီၣ်တိုက်တၢ်ကျိၣ်တက့ၣ်.