

Thunderstorm asthma overview

Grass pollen season brings the chance of thunderstorm asthma.

草花粉季节可能会引起风暴性哮喘。

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

这会影响**哮喘或花粉热**患者，尤其是有气喘或咳嗽症状的花粉热患者。

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

这种风暴性哮喘爆发事件并不会每年发生，但如果发生，就会在十月到十二月之间在澳大利亚东南部发生。

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

这些事件会**突然发生，情况严重，甚至会威胁生命**，而且很多人会同时需要帮助。

So how does this happen?

这是怎么发生的？

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

草的花粉颗粒被风吹起，并被携带到很远的地方。

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

有些颗粒在风暴来临之前爆开，释放出细小的微粒聚在风中。

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

这些微粒非常小，能够深入肺部，使人难以呼吸。

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

这会**很快变得很严重**。

So how do you protect yourself during grass pollen season?

那么，如何在草花粉季期间保护自己？

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.

如果你曾经有哮喘或花粉热，或者在花粉季期间打喷嚏和气喘，请向你的医生或药剂师咨询行动计划以及如何保护自己。

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.

从十月到十二月，最好避免在风暴期间待在户外——尤其要避开风暴之前的狂风。待在室内，关好门窗。

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

千万不要忽视哮喘的症状——气喘、呼吸短促、胸闷和咳嗽。

And, know the 4 steps of asthma first aid.

而且要知道哮喘急救的四个步骤。

Protect yourself this pollen season.

在这个花粉季保护自己。

Managing asthma and allergies matters.

控制哮喘和过敏问题。

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

访问网站 betterhealth.vic.gov.au 了解更多信息。