



# Thunderstorm asthma can be life-threatening

In Victoria, even if you have mild asthma or hay fever, you are still at risk. Reduce your risk by preparing for spring and summer thunderstorms.



Avoid thunderstorms – go indoors before and during thunderstorms.



Take medications as directed and learn asthma first aid.



For forecasts and alerts, download the VicEmergency app.



See your GP about an asthma action plan or hay fever treatment plan.

