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| Epidemic thunderstorm asthma campaign  |
| Newsletter or website content – for health professionals  |
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## Get ready for grass pollen season

Grass pollen season (1 October to 31 December) brings an increase in asthma and hay fever and the chance of [thunderstorm asthma](https://www.betterhealth.vic.gov.au/thunderstorm-asthma). For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening. It’s important for people with asthma or hay fever to know about thunderstorm asthma and what they can do to help protect themselves and those within their care during grass pollen season.

Ensure at risk patients know [asthma first aid](https://www.nationalasthma.org.au/asthma-first-aid) and see their GP to develop or review their asthma action plan and ensure any hay fever is well managed. People with undiagnosed asthma who experience symptoms such as wheezing and breathlessness should also see their GP for an assessment.

Victorians have access to the epidemic thunderstorm asthma risk forecasting system daily from 1 October to 31 December through [VicEmergency](https://emergency.vic.gov.au/prepare/#thunderstorm-asthma-forecast), where you can also set up a watch zone for your area through the app. The forecast can also be accessed on [Health.vic](https://www.health.vic.gov.au/environmental-health/epidemic-thunderstorm-asthma-risk-forecast) or the [Melbourne Pollen website and app](https://www.melbournepollen.com.au/).

Information for the community is available on the [Better Health Channel](http://www.betterhealth.vic.gov.au/thunderstormasthma) <www.betterhealth.vic.gov.au/thunderstormasthma>

Information and resources for health professionals is available on the [Health website](https://www.health.vic.gov.au/environmental-health/epidemic-thunderstorm-asthma). <https://www.health.vic.gov.au/environmental-health/epidemic-thunderstorm-asthma>

**(180 words)**

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