



# Keep safe from thunderstorm asthma

Thunderstorm asthma can make it hard to breathe. If you have asthma or hay fever, you're at risk. Keep yourself and mob safe 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.



Yarn with your GP. Have an asthma and/or hay fever action plan.

