

PROTECT YOURSELF FROM THUNDERSTORM ASTHMA



(1)

Speak to your doctor or pharmacist about what you can do to protect yourself this pollen season.



Learn the 4 steps of asthma first aid.



Be aware of thunderstorm asthma forecasts during pollen season.

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POLLEN

Protect yourself this pollen season.

Managing asthma and allergies matters.

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

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