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| Epidemic thunderstorm asthma campaign |
| Social media posts – for health professionals |
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## Social media tiles available

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| **“Protect yourself this pollen season”** | **“Do you have asthma or hay fever?”** | | **“Do you have asthma?”** | **“Do you have hay fever?”** | **“Do you know the four steps of asthma first aid?** | | **Asthma First Aid grid** |
|  |  | | C:\Users\bsax1502\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Do you have asthma (black text)_.png | F:\PH\DIR - RPS\Comms\ENVIRONMENTAL HEALTH\Thunderstorm asthma\TOOLS AND TACTICS\social media (unpaid)\Square tiles\Do you have hay fever (black text)_.png |  | | C:\Users\bsax1502\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Asthma first aid grid.jpg |
| **Four steps of asthma first aid:** Please note, these tiles **must** be used together as a Facebook carousel post, as individually they provide no context and no informative advice on learning asthma first aid. | | | | | | | |
| C:\Users\bsax1502\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Step 1_.png | | C:\Users\bsax1502\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Step 2_.png | | C:\Users\bsax1502\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Step 3_.png | | C:\Users\bsax1502\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Step 4_.png | |

## Suggested Facebook posts

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|  | Grass pollen season brings an increase in asthma and hay fever. It also brings the chance of thunderstorm asthma. Help your patients prepare for grass pollen season by supporting them to better manage their asthma and hay fever and reduce their risk of thunderstorm asthma. Information and resources for health professionals is available on the Health website: <https://www2.health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/thunderstorm-asthma> |
| F:\PH\DIR - RPS\Comms\ENVIRONMENTAL HEALTH\Thunderstorm asthma\TOOLS AND TACTICS\social media (unpaid)\Square tiles\Do you have hay fever (black text)_.png | For patients with hay fever, especially those who experience wheezing and coughing with their hay fever, it’s important to make sure they don’t also have asthma. Speak to your patients today and support them to better manage their hay fever and reduce their risk of thunderstorm asthma. Find out more at [www.betterhealth.vic.gov.au/thunderstormasthma](http://www.betterhealth.vic.gov.au/thunderstormasthma) |

## Suggested Twitter post

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|  | Grass pollen season brings the chance of #ThunderstormAsthma. If you have a patient with asthma or hay fever, help them prepare [www.betterhealth.vic.gov.au/thunderstormasthma](http://www.betterhealth.vic.gov.au/thunderstormasthma) |

For advice related to COVID-19 restrictions please go to <https://www.dhhs.vic.gov.au/coronavirus>

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