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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 brings an increase in asthma and hay fever. It also brings the chance of [thunderstorm asthma](https://preview.betterhealth.vic.gov.au/health/conditionsandtreatments/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.

That’s why it’s important for people with asthma or hay fever to know about thunderstorm asthma and what they can do to help protect themselves during grass pollen season.

The Department of Health and Human Services has launched a campaign to help our local communities prepare for pollen season by better understanding thunderstorm asthma and the steps they can take to help reduce their risk of thunderstorm asthma.

As this year’s grass pollen season approaches, it is important to have a conversation with your patients about the importance of managing asthma and hay fever, and making sure that they know what they can do to help protect themselves this grass pollen season.

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://www2.health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/thunderstorm-asthma). <https://www2.health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/thunderstorm-asthma>

**(180 words)**

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

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