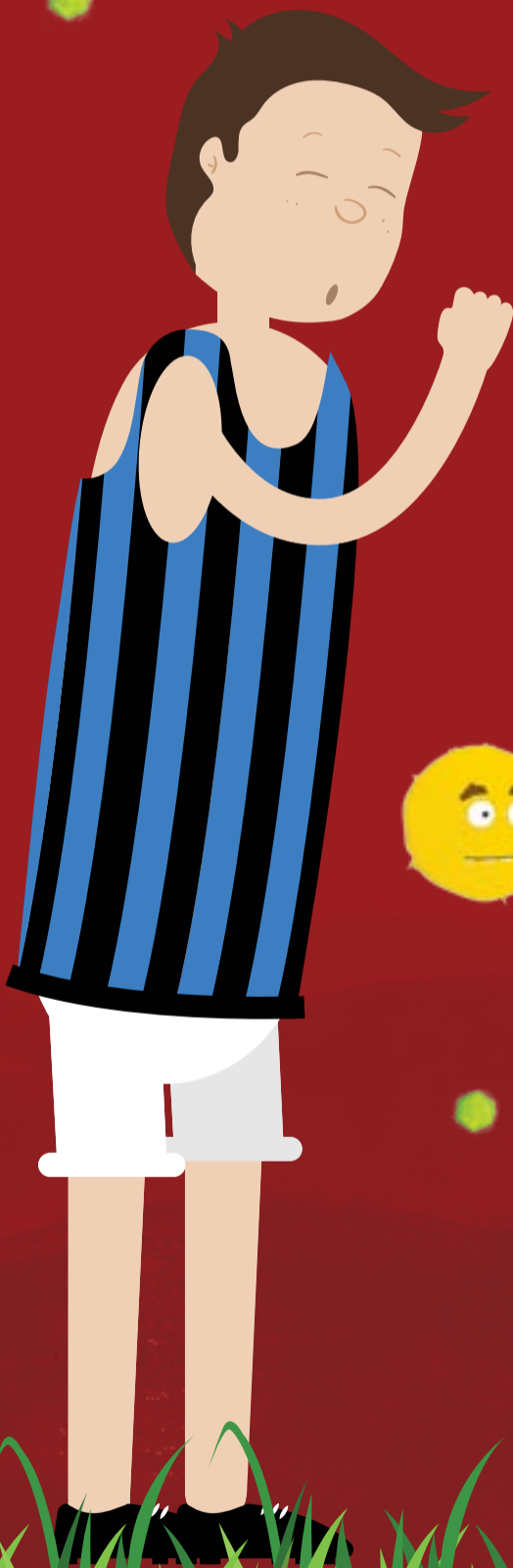


# PROTECT YOURSELF FROM THUNDERSTORM ASTHMA



1

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

2

Learn the 4 steps of asthma first aid.

3

Be aware of thunderstorm asthma forecasts during pollen season.



Protect yourself this pollen season.

Managing asthma and allergies matters.

Visit [health.nsw.gov.au/thunderstorm-asthma](https://health.nsw.gov.au/thunderstorm-asthma) for more information.

Published by New South Wales Health SHPN (HP NSW) 170504

Protect yourself from thunderstorm asthma is available at <[www.betterhealth.vic.gov.au/thunderstormasthma](https://www.betterhealth.vic.gov.au/thunderstormasthma)>

© State of Victoria (Department of Health and Human Services).

Except for the logo, licensed under a CC BY International 4.0 licence <<https://creativecommons.org/licenses/by/4.0/>>.