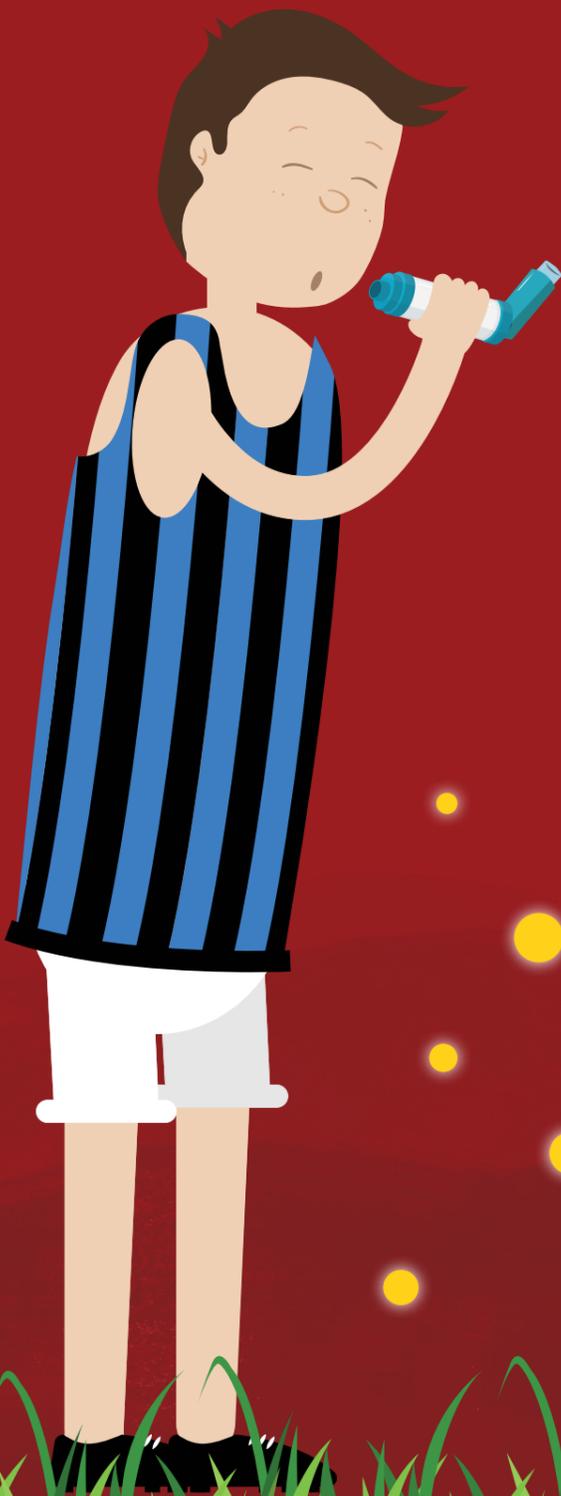


PROTECT YOURSELF FROM THUNDERSTORM ASTHMA



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 betterhealth.vic.gov.au for more information.