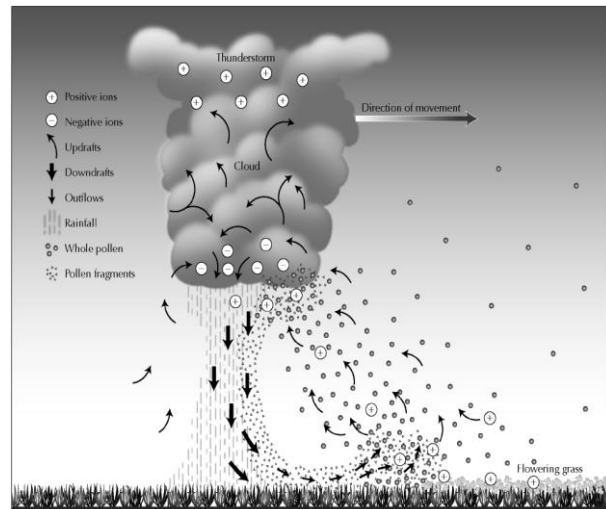


THUNDERSTORM ASTHMA AND CRICKET



What is Thunderstorm Asthma?

This severe weather event is triggered by a combination of grass pollen in the air and a certain type of thunderstorm. October to December is the peak thunderstorm asthma season (November the most severe month), so those at risk need to be ready to manage any symptoms. Melbourne experienced the world's largest epidemic thunderstorm asthma event on 21 November 2016.

Who does thunderstorm Asthma pose the biggest risk to?

- ✓ People with Asthma (whether undiagnosed or historical) &/or
- ✓ People with hay fever (seasonal allergic rhinitis)

Note: Having both asthma and hay fever or poor control of asthma increases the risk further

The four steps of Asthma first Aid

In case of an asthma emergency, it is always important to remember the four steps of Asthma first aid. If you think someone is having an asthma attack these steps are:

1. Sit them upright.
2. Shake the blue or grey reliever puffer and give them 4 separate breaths - using a spacer if available.
3. Wait 4 minutes and give 4 more puffs if the person cannot breathe normally.
4. Call an ambulance if they still cannot breathe normally, and keep giving reliever puffs as before, until the ambulance arrives.

Suggested actions for clubs / players

- ✓ Propote this poster to players &/or display at the club from October - December
- ✓ Monitoring the epidemic thunderstorm asthma risk forecast via <https://www.emergency.vic.gov.au/prepare/#thunderstorm-asthma-forecast>
- ✓ Avoiding being outdoors in a storm, including during the high winds that precede them
- ✓ Taking preventative medication as directed, even when symptom free
- ✓ Carrying reliever medication and knowing how to manage an asthma attack (by following asthma action plan or using asthma first aid).

Resources for more information

FAQs, various posters and resources in a wide range of community languages are available at <https://www.health.vic.gov.au/environmental-health/epidemic-thunderstorm-asthma>

The above advise is general in nature and based on guidance from the Victorian State Government as at November 2021