

Bushfires and asthma



Bushfires can be a big risk for people with asthma. Smoke and ash can trigger asthma symptoms, such as wheezing, breathlessness, coughing or chest tightness, or even an asthma attack.

If you have asthma, or if your patient has asthma, be aware of the risk and the fact that these triggers can linger long after the actual bushfire threat has subsided.

Increased presentations for asthma should be expected around fire zones and in other areas affected by smoke haze. General practices and pharmacies around these areas should ensure they have good supplies of reliever medications and spacers, particularly for emergency use.

Need more information? Visit the [National Asthma Council Australia](https://www.healthdirect.gov.au/search-results/asthma) website. Resources are available at <https://www.healthdirect.gov.au/search-results/asthma>

Epidemic Thunderstorm Asthma



In Gippsland, Thunderstorm Asthma events tend to occur during grass pollen season from October to December and can be triggered by weather conditions resulting from bushfires. People who have asthma or hay fever can get severe asthma symptoms during this time. Check the [Thunderstorm Asthma risk forecast](#)

Information about asthma to share with your patients:

Asthma Australia Helpline 1800 ASTHMA (1800 278 462)

<https://asthma.org.au/>

National Asthma Council Australia 1800 032 495

<https://www.nationalasthma.org.au/>

Asthma Australia apps - Asthma Australia has developed three apps to assist people with asthma and their carers

<https://asthma.org.au/what-we-do/how-we-can-help/apps/>

Information about hay fever:

ASCIA (Australasian Society of Clinical Immunology and Allergy)

<https://www.allergy.org.au/>

