

# Asthma this Pollen Season

## Community Asthma program (CAP)

With spring in the air, so is the pollen! Some people are sensitive to this time of year and can get hay fever symptoms. If you already have asthma this weather can often cause a flare up.

**Here are a few tips to help manage Asthma this pollen season:**

### 1. Take the Correct Medications

Make sure hay fever symptoms are well managed with the right medications and if taking a preventer already, to continue taking it for asthma if hay fever is a concern.

Always carry Ventolin and always have an up to date written action plan to know what to do in a asthma exacerbation. If you are unsure of the correct preventative for you, book an appointment with your GP.

### 2. Download the Melbourne Pollen App

The Melbourne pollen app can be a good source to highlight the bad pollen days so can take an antihistamine prior going out for the day to prevent the symptoms getting worse or causing a flare up. The app is available on both iOS and Android.

### 3. Book in with the DPV Health Community Asthma Program (CAP)

The DPV Health Community Asthma Program (CAP) provides asthma education and support for children (1- 17 years) with asthma or viral induced wheeze.

The offers one-on-one education, support, and a full health assessment from one of our qualified Asthma Nurse Educators who will assist you and your child to understand asthma/wheeze and how to manage it.

This is a free service that provide an option of clinic, home visit or telehealth appointments, depending on the needs of the family.



For more information on this service contact:



**1300 234 263**

(select option 4)



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