

## Hayfever, Asthma and Coronavirus

Në ye thanj de këër kënnë yic, ke ka thiekic arëetic awär theerkuon wään theer ba ya jam wennë akimdu ago tuanyduön de hay fever ku asthma ya mac apieth ku na ye kä ye tuaany nyuwoth në yiguöp ya kä jöt wennë wëëckë kennë käkuön theer – ke yin bi rot dhil ya cok them guöp në tuany ë coronavirus.

Hay fever wennë asthma alëu bikkë ya thönj kennë tuany ë coronavirus në kë ye koc cok wat wum ë juäi, ye koc gam yool wennë wëëi cekic, ku many pieth bennë yen ya mac alëu bi ye käkë ya gël. Ku na yin ya, ke ka pieth ba yiguöp ya cok them në tuany ë coronavirus të ye yin ëkënnë yök ke wääc kennë kä theer ye tuentyuëeny käkë nyuwoth në yi guöp.

Koc ye tiim ku yekkë yool në kë de tuany ë hay fever wennë asthma alëu bikkë piu juëc lo noljol ya muöcbei ku na nönkë gup tuany ë coronavirus, ke ka lëu bi rot ya thiäi piny ënönj koc juëc kök në thanj thiin koor arëetic. Koc ye tuany ë asthma ku hay fever nyuwoth në kë gup alëu bikkë ke nyin ya doc jak në nyindhie, ku yekënnë alëu bi keek doc ya cok dom tuany ë coronavirus keek, të ciï kecin ye doc waak në nyindhie ku bikkë ya tö ëke cin cin acuol.

Grass pollen season aci rot jock ke nyic raan ëbën në pëei nin 1, pen de thiëër, ku yekënnë aci tuany ë asthma ku hay fever juak arëet ku kuëer kök lëu bennë tuany de thunderstorm asthma ya bën në raan guöp. Ajuisër de many ë thunderstorm asthma në Biktoria abi liep ëyadënj ku ka bi tö agut ci thök de pen ë Thiëër ku rou.

Thunderstorm asthma ee të yennë koc juëc gup nönj tuany ë asthma në thanj thiin koor ku ka ye riöökic në biäk de thunderstorm tönönj abëer gäk de grass pollen në aliiric.

Koc ye keek yök ëke lëu bi tuany de thunderstorm asthma keek doc dom aye koc nönj tuany de asthma wennë hay fever, agut ci koc kënnë ke tuanyden them në kegup. Kueer pieth lëu bennë raan yeguöp ya gël ee ba nyin ya tiit arëet ago tuany ë asthma wennë hay fever yin cië beer dom, ku na bi rot ya lëu, ke yi duönnë ye bëer cæeth biyic në theë ke määär ku wil ë denj në theë ke këër yic (springtime thunderstorms) ku jol ya yom diit ye bën kennë keek.

Koc nönj asthma, agut ci koc nönj tuentyuëeny thii kor ke asthma, aabi akiimken (GP ken) ya neem ago ajuisër de töök ë asthma ya yiëknial ku bi bëer ya caar ku bi tuentyuëeny thiääk kennë hay fever ya mac apieth në yee theë käkë yiic ke pollen season.

Na koc ba wël juëc kök ya yök në kë de tuany ë thunderstorm asthma ku kuëer lëu binke yiguöp ya tiit apieth wennë kockuön nhiaar keek në ye tuany kënnë yic, ke yi tin [Thunderstorm Asthma](#) në webthait de Better Health Channel.

Muk apieth në yinhom ba ya cienj në alanh ye kuöm në koc thook ku koc wum, noot ke yi ye nanj kaam de mitiir kee 1.5 të këëc yin wennë koc kök peei ku ye yiguöp cok tö ke cin acuol ku ba ya noot ke yi ye yänkuön ke wëëi ya kum apieth në kë lëu bennë koc ye tiim ku yekkë yool në kë de tuany ë hay fever wennë asthma piu thii kök lo noljol ya muöcbei në ke gup ku, na nönkë tuany ë coronavirus, ke ka lëu bikkë doc ya wuök koc kök peei.

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## Hayfever, Asthma and Coronavirus

This spring it is more important than ever to speak to your doctor to manage your hay fever and asthma and if your symptoms are new or different to usual – you must get tested for coronavirus. Hay fever or asthma can produce symptoms similar to coronavirus such as a runny nose, cough or shortness of breath, and while good management can help prevent these, it is critical to get tested for coronavirus if these are different to your usual symptoms.

People who are sneezing and coughing from hay fever or asthma may produce more droplets and if they have coronavirus, it could spread quickly.

People with asthma and hay fever symptoms may also touch their face more frequently, increasing their risk of being infected with coronavirus if they are not practicing appropriate hand hygiene.

Grass pollen season officially began on 1 October, bringing an increase in asthma and hay fever and the chance of thunderstorm asthma. Victoria's thunderstorm asthma risk forecasting system will also be switched on and will run until the end of December.

Thunderstorm asthma is where many people experience asthma over a short period of time and is thought to be triggered by a type of thunderstorm when there are high amounts of grass pollen in the air.

Those considered at risk of thunderstorm asthma include people with asthma or hay fever, including those with undiagnosed asthma. The best protection is to have good control of your asthma or hay fever, and where possible avoid exposure to springtime thunderstorms and the wind gusts that come before them.

People with asthma, and particularly those with mild asthma, should see their GP to develop or review their asthma action plan and make sure any associated hay fever is well managed during the pollen season.

To find out more about thunderstorm asthma and how you can protect yourselves and those that you care for from the risks, see [Thunderstorm Asthma](#) on the Better Health Channel website.

Remember wearing a face mask, maintaining at least 1.5 metres of physical distance between yourself and others and practicing good hand and respiratory hygiene remains critical as people who are sneezing and coughing from their hay fever or asthma may produce more droplets and, if they have coronavirus, may be more likely to spread it to others.