



# Darul Ulum College of Victoria

11 October 2022

Assalamu Alaikum Wr Wb

Dear Parents & Caregivers,

## Thunderstorm Asthma — Be Prepared this Pollen Season

We write to bring to your attention the importance of being well prepared during this this asthma / hay fever season. Grass pollen season, which runs from October to December each year, brings an increase in asthma and hay fever symptoms. It also increases the risk of thunderstorm asthma. For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

Darul Ulum College will implement a range of measures to keep our school community safe when the risk of thunderstorm asthma increases.

Many of our staff are trained in asthma first aid, and we will monitor the VicEmergency app to receive thunderstorm warnings, and, where appropriate, keep students indoors when weather forecasts identify greater level of risk.

## How Can Parents Prepare

During pollen season, there are some things you can do to prepare and protect yourself and your family:

- If your child has ever had asthma: talk to your doctor about what you can do to help protect your child from the risk of thunderstorm asthma. **Most importantly, where applicable, you must update your child's asthma action plan and provide the school with an updated copy.** It is the parent's responsibility to ensure all medical records and action plan are up to date and a copy is given to the school. Taking an asthma preventer properly and regularly is key to preventing asthma, including thunderstorm asthma.
- If your child has hay fever: see your pharmacist or doctor for a hay fever treatment plan and check if you should have an asthma reliever puffer. These are available from a pharmacy without a prescription.
- If your child has hay fever and experiences wheezing and coughing: it is important to make sure they don't also have asthma. **Speak to your doctor about an asthma action plan.**
- Where possible, avoid being outside during thunderstorms from October to December, especially during the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it to 'recirculate'.

### **Remain vigilant for COVID-19**

It is important for students to manage any hay fever or asthma symptoms, as these conditions can produce symptoms such as fever, chills, cough, sore throat, shortness of breath, runny nose, and loss or change to sense of smell or taste, which are similar to COVID-19 symptoms.

If your child experiences these symptoms in different or worse ways to their usual hay fever or asthma symptoms, medical advice should be sought.

For more information or if you have any concerns, please visit your general practitioner (GP).

Kind Regards,

DUCV Student Wellbeing Department