Ahchoo!

Sniff, Sniff!

Asthma and Hay Fever (Allergic Rhinitis) in Spring.

During Spring time plants, grasses and trees release pollens into the air. As a result, students and staff who are sensitive to pollen may find their asthma and hay fever (allergic rhinitis) symptoms worsening. During days of windy conditions or during thunderstorms more pollen is released into the air. When breathed in these tiny particles penetrate the lungs.

Hay fever is very common during spring and as a result of the strong association between asthma and hay fever, those with both conditions will often experience increased asthma symptoms during this time.

Tips to help your students and staff reduce asthma and hay fever symptoms during spring:

- Be aware of which students have pollen as a trigger for asthma or hay fever.
- Encourage students to be aware of their own symptoms and to seek assistance when needed.

Check the daily Pollen forecast at melbournepollen.com.au and consider planning activities indoors.

For more information on asthma and hay fever please contact The Asthma Foundation of Victoria. Or visit our website: asthma.org.au

National Asthma Week

1st - 7th September 2014

Why not get your school involved in National Asthma Week (NAW) this year!

We can provide you with all you need to develop your own Asthma Information display. Check out our website asthma.org.au for Brochures and other Resources available. Or send us an email with your ideas and we will see how we can help!

Stay tuned for more about National Asthma Week.
National Young People and Asthma survey

To help inform future activity under the National Young Person and Asthma Strategy managed by Asthma Australia, we have developed a comprehensive survey for young people aged 12-25 years. This survey was designed by the Young and Well Cooperative Research Centre, the evaluators of the strategy, and released in June.

As well as finding out about their asthma and use of medications, this survey will also explore health and well being indicators, allowing for comparisons with more general young person populations.

If you are reading this before 31 July, the cut off date for the survey, please inform any young people you know with asthma of this opportunity. They can access the survey link via the Asthma Australia website. Thank you.

We look forward to sharing the survey finding with the Australian community in national Asthma Week (1-7 Sept).

Your experiences with asthma in the school setting

We are always interested in hearing about your experiences with students’ asthma as staff members. This will help us to share real stories so other staff can understand the importance of being trained and feeling confident to deal with an asthma attack.

Through our website, training packages and social media we can alert other staff to the benefits of Asthma Australia’s FREE training and help improve outcomes for students with asthma across Australia. All information will be de-identified to ensure privacy.

Please share your story by:
- telling the trainer when they are at your site
- contacting your Schools Coordinator on 1800 ASTHMA
- or you can email your story to info@asthmaaustralia.org.au (subject: School Case Study).

Update on the new asthma online training for staff

During this term the new online asthma training package will become available and replace the current one. The changeover will be seamless for you as users.

We encourage staff to use the online package to update their asthma knowledge at any time, e.g. when you have newly enrolled students with asthma.

Funded by the Australian government, asthma training packages are FREE for staff in schools and other education settings. Contact your local Asthma Foundation on 1800 ASTHMA (1800 278 462) for more information on asthma training options for your school or setting.