Asthma and hay fever are closely linked, so managing hay fever and allergy is an important part of asthma care. Better control and management of hay fever has been shown to improve asthma control in both adults and children. 4,5,6,7

### Asthma affects 2.3 million Australians

People with asthma and hay fever experience:

1. **Increased number of asthma flare-ups.**
2. **Increased number of visits to their GP and asthma-related hospitalisations.**
3. **More time off work or school.**
4. **Higher annual medical costs.**

80% of people with asthma also have hay fever.1

Hay fever can make asthma worse and more difficult to control.

### Asthma Week
1-7 September

Contact your local Asthma Foundation **1800 ASTHMA** Helpline (1800 278 462) or visit [www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au)

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