



Is your  
**HAY  
FEVER**  
disguising  
something **MORE?**

Talk to your doctor or pharmacist to help manage asthma and hay fever,  
or call **1800 ASTHMA** Helpline (1800 278 462)  
[asthmaaustralia.org.au/asthmaindisguise](http://asthmaaustralia.org.au/asthmaindisguise) | #AsthmaInDisguise



Is your  
**HAY FEVER**  
disguising something **MORE?**

Managing hay fever is an important part of overall asthma care. About 80% of people with asthma also have hay fever, and between 15% to 30% of people with hay fever also have asthma.

**Hay fever can make asthma harder to control.**

Common symptoms of hay fever are:

- Itchy, runny or blocked nose
- Itchy or watery eyes
- Sneezing
- Always feeling like you have a head cold
- Frequent sore throats
- Frequent headaches
- Hoarse voice
- Breathing through the mouth
- Snoring

Partners:



AstraZeneca 

People with hay fever may not recognise that the symptoms they are experiencing could be due to asthma. People with asthma, may also not recognise that they have hay fever, as hay fever symptoms are often mistaken for asthma.

People with asthma who also have hay fever experience:

- More asthma flare-ups
- More visits to their GP and asthma-related hospitalisations
- More time off work or school
- Higher annual medical costs

It is important to treat both your asthma and hay fever well!

Make sure you:

- Know the symptoms of hay fever and asthma
- Have the right plan and medications in place to best handle your symptoms and
- Check you are using your asthma and hay fever medications correctly.

If you cough, wheeze or sneeze, talk to your doctor or pharmacist to help manage your asthma and hay fever.

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**Asthma** Australia