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 2.5 million Australians

People with asthma and hay fever experience:

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

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

For more information about asthma, call the 1800 ASTHMA Helpline (1800 278 462) or visit asthmaalaysia.org.au