

MEDIA RELEASE

16 March 2018

Asthma sufferers urged to have a plan for festival season

With a dry and dusty festival season underway in Adelaide, leading pharmacy group TerryWhite Chemmart is warning festival-goers to be prepared for asthma flare-ups triggered by airborne allergens.

TerryWhite Chemmart pharmacist Krystal Tresillian said, "Pollens, grass, dust and smoke, combined with all-day activity can create a 'perfect storm' for many asthma sufferers. Early evening is the critical time when most people are affected."

Ms Tresillian is urging revellers to take an asthma kit with them to events.

"Taking a simple asthma kit and ensuring your friends know what to do in case of an asthma emergency will help you enjoy the event to the full."

The asthma kit should include asthma reliever and preventer medication, a spacer, hay fever and allergy tablets and eye drops for itchy, irritated eyes. It should be accompanied by a copy of an asthma plan prepared by your GP, outlining the actions to be taken in line with the severity of the asthma attack.

Ms Tresillian is also urging all festival-goers to learn how to spot the signs of an asthma attack and administer basic first aid in the event of an asthma emergency.

"Asthma Australia's Asthma App is easily downloaded onto a smartphone and provides access to asthma first aid instructions, wherever you are."

Asthma Australia CEO, Michele Goldman stressed the importance of following an asthma control program all year round.

"People with asthma should be mindful of environmental conditions for outdoor events and be prepared with asthma reliever medication to hand, but maintaining good asthma control year-round is one of the most effective things people can do to reduce the likelihood of an asthma flare-up.

"This means taking preventer medication regularly as prescribed, and having an annual asthma review with a GP to discuss any symptoms or concerns and to ensure your asthma management plan is up to date."

Severe asthma symptoms:

- Difficulty breathing
- Coughing or wheezing
- Difficulty speaking a full sentence in one breath
- Tugging in of the skin between ribs or at base of neck

In a severe asthma attack:

- Call ambulance on 000
- Give asthma first aid

ENDS

Note to editors

Current and upcoming festivals include:

Adelaide Festival, 2 – 18 March 2018

Adelaide Fringe, 16 – 18 March 2018

St Patrick's Day, 17 March 2018

Adelaide History Festival, 1 – 31 May 2018

For more information please contact:

Stephanie Paul

Phillips Group

T: 07 3230 5000

E: spaul@phillipsgroup.com.au