



Aboriginal
Health Council
of Western Australia

Ear
Health



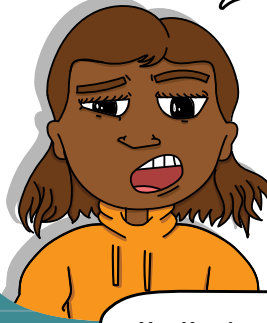
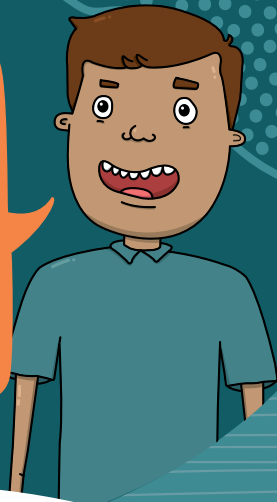
Simon Says

Hay fever makes you sneeze.
Here's what to do, it's a breeze!

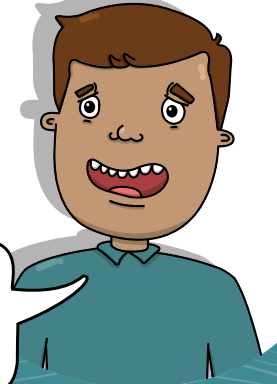


Hey you mob,

It's Simon here to talk about hay fever. Sometimes hay fever can make you feel crook, but it can be easy to fix.



Can you catch hay fever?

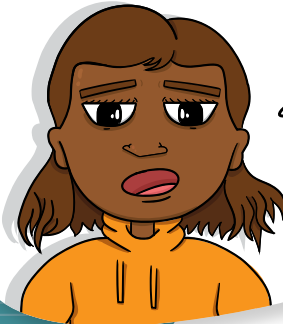
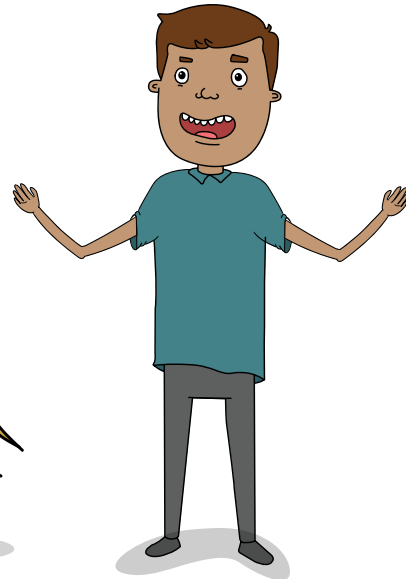


No, Keisha, you can't catch hay fever. Hay fever happens when you have allergies to some things you breathe in.

HAY FEVER
(The myth)
↓

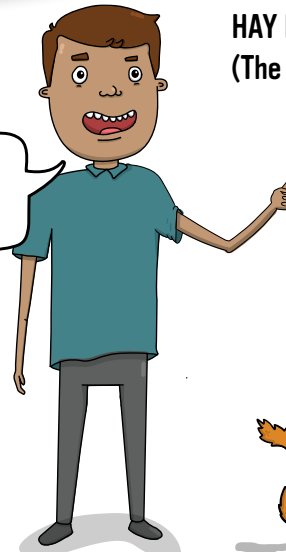


Hay is what most people think causes hay fever which isn't true at all!



Oh I thought you could catch hay fever like you catch a cold!

Many things can cause hay fever.



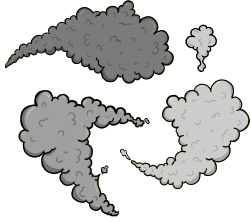
HAY FEVER
(The causes)
→



Simon Says:

Here are some things that can cause hay fever.

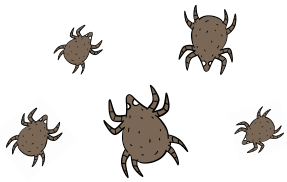
Bad air from cigarette smoke and fires,



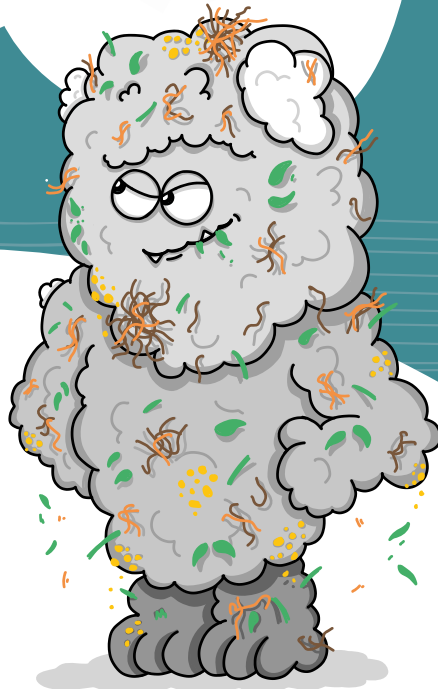
Pollen from plants,



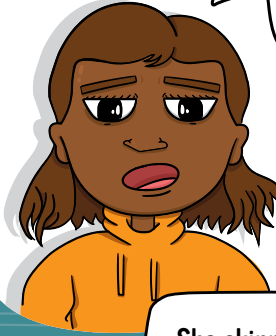
Dust from dust mites (tiny creatures)



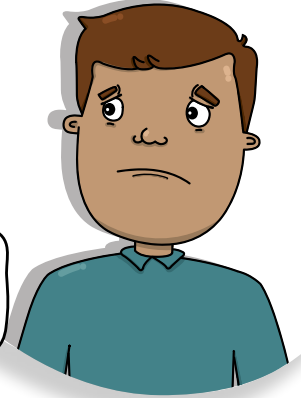
and even animals!



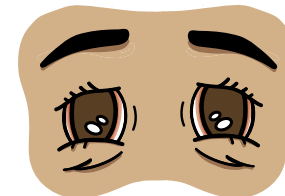
I remember when my cousin Kirra had hay fever last spring..



She skipped footy training for the first time ever because she had;



sore ears,



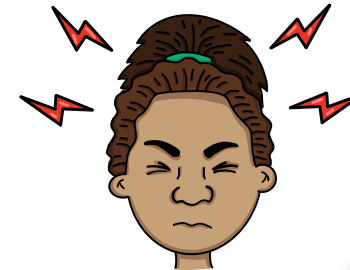
puffy itchy eyes,



a very sore throat,

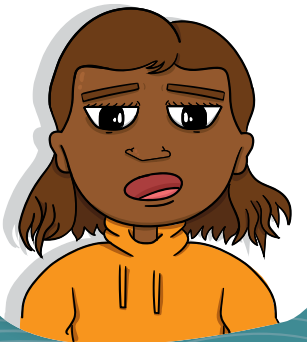


a runny red nose,



and a big headache.

Then Auntie had to take her to go and see the doctor.



I don't feel well. My throat and ears are sore, I have bad headaches, itchy eyes and a runny nose.



What have you been up to the last few days Kirra?

She thought about it..



I went to the park with my friends.
Was playing with Nan and Pop's new puppy outside.
And had fun with my family around the fire.

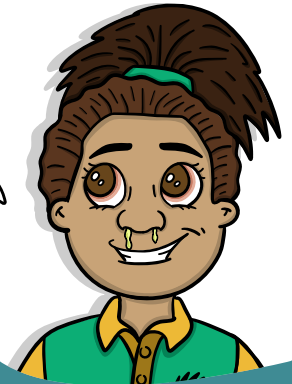


Sounds like you have hay fever. The grass and pollen from the park, the fur from your Nan and Pop's puppy, and the smoke from the fire is making you feel unwell.



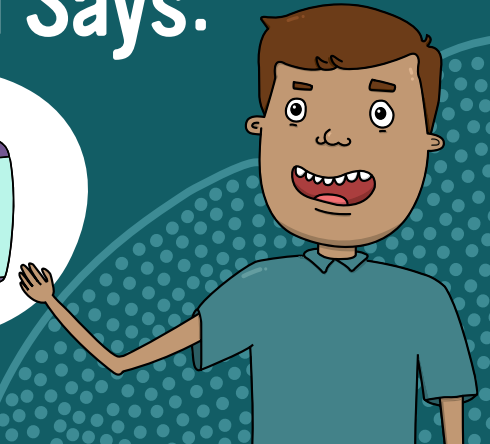
You will feel better if you use the hay fever medicine until spring is over.

That doesn't sound too scary!



Sometimes you'll also need to take tablets, drink syrup or use eye drops and or a nasal spray for hay fever.

Simon Says:

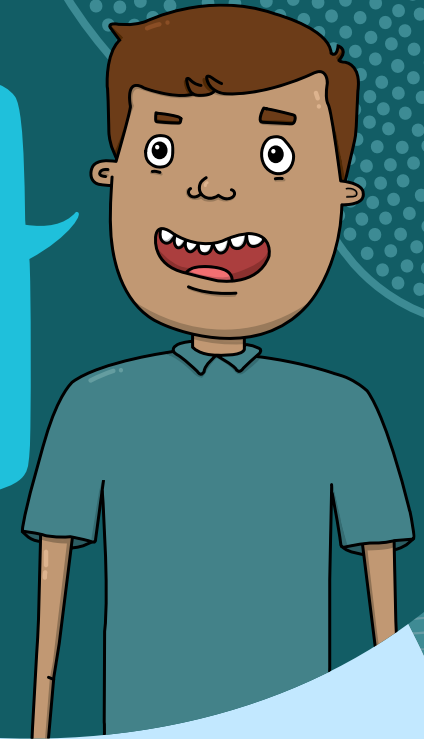


Simon Says:

Kirra took her medicine for the rest of spring which made her feel much better. She had a great footy season and even kicked a goal!

It's important to look after ourselves.

Remember, if you have hay fever, tell a grown-up. They can take you to the clinic and make sure you take your hay fever medicine so you enjoy the breeze without a sneeze!



Simon Says:

Help Kirra to the goals! Find the 5 nasal sprays on the way.

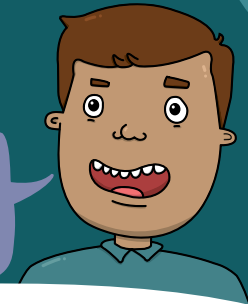


Collect the 5 nasal sprays along the way!



Simon Says:

Help Kirra find all the words in the word search below.



M I S O R E E A R R I G N I F F I N S Y
 X D Z W S O E K J G E S O N Y F F U T S
 H E E Z T H E O N Y A R P S L A S A N Y
 A K H R I T V Z D H D U S T M I T E J Z
 Y O C I O E K T A P H U B N C X Z M P O
 M M A F H Z R W O Q L A V K C T K O X T
 A S D S J E C L D Z Z K M I P C Z M X J
 N O A Q Q H L O H R E V E F Y A H M N I
 B D E K A E A C O H V J C U G A W M K R
 S X H R N K R U S T Y C A T F C M U B D

AHCWA
 Hay Fever
 Sniffing

Stuffy Nose
 Krusty Cat
 Nasal Spray

Dust Mite
 Pollen
 Smoke

Sore Ear
 Hayman
 Headache



Can you find Krusty the cat! He's hiding in some of the pictures in this book.

Go back through the booklet to find him!

How many could you find?

For more information please contact:

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