

BUSHFIRE SMOKE

Know your health risk & make a plan

Bushfire smoke can harm your health, especially if you:

- Live with a lung disease (like asthma)
- Live with another long-term illness (like heart disease and diabetes)
- Are over 65 or a child under 5
- Are pregnant



The best ways to avoid smoke are to:

- Close doors and windows to help protect you during short episodes of outdoor smoke
- Wear a P2/N95 mask outdoors and indoors if needed
- Use an air cleaner with a HEPA filter indoors
- Check local air quality using a trusted app (e.g. AirRater)
- Think about visiting a place with cleaner air like a library or a shopping centre.

Look after yourself and others:

- Follow your health plan and manage symptoms
- Keep medication handy
- **Call 000 if you or anyone in your care is having difficulty breathing, chest tightness or other medical emergency.**



Centre for
Safe Air



HEAL