

Be prepared.

Stay healthy if there's bushfire smoke about.

Bushfire smoke contains fine particles that can affect your health.

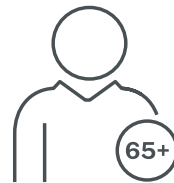
People at higher risk of illness from bushfire smoke:



Have a pre-existing heart or lung condition, or diabetes



Pregnant



Aged 65+



Infants and young children

Prepare now:

- Talk to your doctor about how to protect yourself and your family from bushfire smoke.
- Check your prescriptions and health action plans are up to date, for example, if you have an Asthma Action Plan.
- Consider keeping a supply of P2/N95 face masks at home and to learn how to fit these well. If you have a heart or lung conditions to talk to your doctor before using a mask.

Know what to do if the air quality is impacted by smoke:
www.health.nsw.gov.au/bushfires

