

Protect your health this bushfire season

Things you can do to **prepare**:

- Talk to your doctor about how bushfire smoke might affect your health.
- Check your prescriptions and health action plans are up to date e.g. Asthma Action Plan, if you have one.
- Ask your doctor whether you should get extra medication in case of a bushfire emergency.
- 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.
- Include medicines, prescriptions and any medical devices on your bushfire survival plan and in your emergency evacuation kit.
- Store your medicines in a place that is easy to find if you need to evacuate.
- Know what to do if the air quality is impacted by bushfire smoke in your area. You may need to reduce the time you spend outdoors on poor air quality days.



Learn how to protect yourself and your family:
www.health.nsw.gov.au/bushfires

