

Stay healthy when returning home after a bushfire

1. Check you can enter first

Ask your local emergency services if it is safe to return to your property. If you can enter, limit the time spent at a fire-damaged property for your health and safety. Avoid taking children with you, but if you need to make sure they stay protected.

2. Go prepared

Take:

- bottled drinking water
- food
- sunscreen
- a hat
- protective clothing: sturdy footwear, heavy-duty work gloves, disposable coveralls (with long sleeves and trousers) and P2/N95 face masks.

When leaving your property:

- pack all protective clothing items into a garbage bag
- wash your hands after removing your protective clothing
- clean your shoes before wearing them again.

3. Pause before you act

Everyday items may no longer be safe to use after a bushfire: food, medicine, drinking water, and timber. Read more advice by scanning the QR code below.

4. Know there is support around you

Looking after your mental health is more important than ever after a bushfire.

There are small things you can do to regain some control and cope during this tough time, such as connecting with others, sticking to a routine, and doing things that help you to relax.

Professional help is also available and only a phone call away:

- For 24-hour mental health support contact Lifeline on **13 11 14**, Beyond Blue on **1300 22 4636** or **13YARN**, run by Aboriginal people, on **13 92 76**.
- For specialist mental health services call the NSW Mental Health Line on **1800 011 511**.

For medical emergencies call Triple Zero **000** or go to your nearest hospital emergency department if it is safe to do so.

Learn more: www.health.nsw.gov.au/bushfires

