

Stay healthy when there is bushfire smoke

Bushfire smoke can irritate your eyes, nose, throat and lungs. It can also make some people's existing health conditions worse.

Take steps to protect yourself and your family from smoke:

1. Check the air quality in your area.
2. Reduce the time you spend outdoors on poor air quality days.
3. Keep the air inside your home as clean as possible:
 - Close windows and doors.
 - Avoid indoor sources of air pollution like cigarettes, vapes, candles and incense.
 - Use an air purifier with a high efficiency particle air (HEPA) filter if you have one.
4. Spend time in air-conditioned venues like cinemas, libraries and shopping centres.
5. Consider using a P2/N95 face mask if you cannot avoid the bushfire smoke. Your mask must fit properly to work well. If you have a heart or lung condition to talk to your doctor before using a mask.

If you are at higher risk of illness from bushfire smoke:

- Follow your doctor's advice about managing your health condition.
- Keep your medication in an easy spot for you to get quickly if you need it.
- Monitor for any symptoms of your health condition getting worse and follow your health action plan (for example an Asthma Action Plan), if you have one.

Contact your doctor or the 24-hour healthdirect helpline on **1800 022 222** if you are concerned about any symptoms.

Call Triple Zero (**000**) in a medical emergency such as difficulty breathing, chest pain or sudden collapse.

For an interpreter, contact the Translating and Interpreting Service (TIS) National on **131 450** and ask for healthdirect. This service is free and confidential.

