

Keep your mob safe from bushfire smoke



While smoke holds an important place in our ceremonies and culture, bushfire smoke can have serious effects on our health and wellbeing.

Who is at greater risk from bushfire smoke?



Elders – Elders are at risk because of age and potential pre-existing health conditions.



Pregnant women – Pregnant women are more sensitive to bushfire smoke and its effects.



Children – Children are at risk because their airways are still developing.



People with health issues – People with underlying health issues, especially ones that affect breathing like asthma and emphysema.

Stay safe from bushfire smoke



1. Have a yarn with your doctor

No one is better placed to give you health advice than your doctor. Make sure you:



- Check your scripts are up to date and ask your doctor whether you should get any extra medication in case of a bushfire emergency.
- If you or anyone in your family is asthmatic, work with your doctor to create an asthma action plan. Visit your local AMS or GP or book an appointment through telehealth to organise this before a bushfire emergency.

For more information on how to prepare you and your mob for bushfire season, visit www.ahmrc.org.au/bushfire-safety

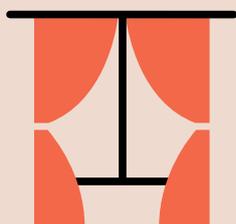
**PLAN
PREPARE
PROTECT
YOUR MOB**





2. Monitor air quality

If you or one of your mob have a condition that may affect your breathing, regularly check the air quality in your local area by using the [NSW Air Quality Index \(AQI\) web page](#). If air quality is poor, and there are no fires nearby, stay indoors as much as you can and close the windows and doors.



3. Spend more time indoors

Stay indoors as much as possible to avoid the dangerous effects of inhaling smoke. Keep your doors and windows shut to keep the smoke out. Spend more time in air-conditioned venues like shopping malls, libraries, and cinemas, but remember to stay physically distanced as much as possible while COVID-19 is still around. While indoors, avoid pollutants like cigarette smoke, candles, and incense.



4. Use HEPA air purifiers

Air purifiers with High Efficiency Particle Air (HEPA) filters minimise the risks of smoke by reducing the number of very small smoke particles indoors. You can purchase HEPA air purifiers from electronics stores online or in-store.



5. Use P2 face masks

Surgical and cloth masks do not protect against smoke, but P2 masks do. P2 masks are also known as N95 or KN95 masks. P2 masks reduce the risk of smoke inhalation by filtering out small particles in smoke. P2 masks are distributed by NSW Health and are available from pharmacies in bushfire affected areas. P2 masks can make it harder for some people with a serious heart or lung condition to breathe. If you're not sure, have a yarn with your doctor and ask whether these masks are safe for you to use.