Bushfire Asthma Checklist

1. **A Bushfire plan**
   - Ensure you know what to do in the event of a bushfire

2. **An up-to-date written asthma action plan**
   - Contact your health care provider for an up-to-date written asthma action plan
   - Ask if there should be any variations for heavy smoke exposure

3. **A medication plan**
   - Ensure asthma medications are in date
   - Have a 30 day supply in case of shortages or evacuations
   - Know how to communicate your medication requirements to volunteers in the event of an evacuation

4. **Keep your medications in a central place**
   - In case of an emergency evacuation keep your medications together and in a central place for easy access
   - Using the same pharmacist can help with continuity in the event of lost medication prescriptions

5. **Have an asthma companion**
   - A person who knows what medications you need, when you need them and provide a written plan for them
   - Educate your companion to know when you need urgent medical care

6. **Try to minimise stress during an evacuation**
   - Having a plan and easy access to your medications will assist to reduce the uncertainty of an emergency evacuation

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*Infographic developed as part of the toolkit.severeasthma.org.au*