Bushfires and Smoke

Information for people with asthma

Bushfire smoke leads to poor air quality

Exposure to bushfire smoke increases the risk of acute symptoms such as









Breathlessness Wheeze

Cough

or Dry throat



- **GP** visits
 - Emergency department Oral Corticosteroid use







Breathlessness Cough

Who is affected?

Anyone can be affected, even people without an asthma diagnosis



People with asthma or chronic respiratory conditions

The elderly and small children



What can you do?

TO REDUCE RISK

- Stay indoors to reduce exposure
- Avoid outdoor exercise when air quality is poor
- Use a fitted P2/N95 rated face mask when outdoors during times of poor air quality
- Access air quality data
- Have an up-to-date written asthma action plan

WHEN AIR QUALITY IS POOR



Populations most at risk

- Carry reliever inhaler during times of poor air quality
- Stay indoors with windows closed with air-conditioning on (if available)
- Consider evacuation

If you have symptoms, seek immediate medical care



Seek up-to-date advice on asthma management from reliable sources such as Asthma Australia, National Asthma Council Australia, Centre of Excellence in Severe Asthma and health professionals





References: Borchers et al. Association between fire smoke fine particulate matter and asthma-related outcomes: Systematic review and meta-analysis. Environ Res. 2019;179; Morgan et al. Effects of bushfire smoke on daily mortality and hospital admissions in Sydney, Australia