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
- Throat irritation or Dry throat

AND...
Increases ongoing

Breathlessness
Cough
Wheeze

Who is affected?

Anyone can be affected, even people without an asthma diagnosis

Populations most at risk
- 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
- 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

References:

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.