

# HOW TO **PROTECT YOURSELF AND OTHERS** FROM **BUSHFIRE** SMOKE



**STAY  
INDOORS**

**1**



**MEDICATION  
PLAN**

**2**



**REDUCE  
PHYSICAL  
ACTIVITIES  
OUTDOORS**

**3**



**FACE  
MASKS**

**4**



**TRUST  
YOUR  
SENSES**

**5**

**6**

**KEEP  
WELL**



**7**

**TAKE  
CARE OF  
MENTAL  
HEALTH**



**8**

**FOLLOW  
BUSHFIRE  
NEWS AND  
ADVICE**



**9**

**FOLLOW  
AIR QUALITY  
INFORMATION**



**10**

**HELP  
OTHERS**

