

# BUSHFIRE SMOKE ASTHMA PLAN



Centre for  
Safe Air



ASTHMA  
AUSTRALIA

NAME:

DATE: / /

## MY ASTHMA MEDICINES:

I have started using my preventer-based medicines: Y  / N

I have access to a copy of my Asthma Action Plan: Y  / N

Bushfire smoke is a common asthma trigger with a range of additional health risks. Use this Bushfire Smoke Asthma Plan to choose the steps you will take to stay safe.

**IF ANYONE HAS CHEST TIGHTNESS OR CANNOT BREATHE CALL 000 IMMEDIATELY**

## WHAT IS MY ADDITIONAL RISK?

If you or anyone you care for tick any of these boxes, you could have additional health risks.

- |   |  |
|---|--|
| <input type="checkbox"/> Over 65            | <input type="checkbox"/> Heart disease   |
| <input type="checkbox"/> Under 5            | <input type="checkbox"/> Stroke          |
| <input type="checkbox"/> Pregnant           | <input type="checkbox"/> Diabetes        |
| <input type="checkbox"/> Other lung disease | <input type="checkbox"/> Mental distress |

## WHAT IS AIR QUALITY?

Air quality is measured using an hourly average of 'particulate matter' known as PM<sub>2.5</sub>. The higher the PM<sub>2.5</sub>, the worse the air quality. Air quality is rated:

**FAIR** when PM<sub>2.5</sub> is 12.5-25

**POOR** when PM<sub>2.5</sub> is 25-50

**VERY POOR** when PM<sub>2.5</sub> is 50-150

**EXTREMELY POOR** when PM<sub>2.5</sub> is over 150

## HOW TO MONITOR AIR QUALITY?

- Download the [AirRater](#) app to check local air quality.
- Use trusted sources of local air quality information [here](#).
- Tune into your local ABC Radio for emergency information.



## WHAT CAN I DO WHEN THE AIR IS SMOKY?

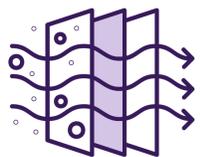
Tick the boxes below to show which **suggested actions** you plan to take for each **air quality category**.

Suggested actions	Fair	Poor	Very poor	Ex. poor
Monitor asthma control and follow my action plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check air quality using a trusted local source	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do activities that help me stay calm and relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Close doors and windows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use a P2 or N95 facemask	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turn on my portable air cleaner with HEPA filter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid going outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduce physical activity inside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go to an air-conditioned building like a library if safe to do so, and <b>bring water and medication</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# PREPARATION AND RECOVERY

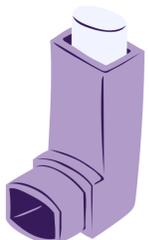
This fact sheet was developed in consultation with health professionals and health consumers as part of a project funded by the Centre for Safe Air and led by researchers from the University of Tasmania's Menzies Institute for Medical Research.

## WHAT CAN I DO BEFORE THE SMOKE?



### PREPARE MY HOUSE

- Seal up gaps where smoke can get in, such as around doors and windows. Towels and masking tape work well.
- Consider buying an air purifier with a HEPA filter to make a clean air shelter in one room of my house.



### STOCK UP

- Ensure I have a supply of P2 or N95 masks.
- Ensure I have a 30-day supply of preventer medicines and/or reliever inhalers.



### PREPARE MY MIND AND BODY

- Take care of my mental health and reach out if I need support.
- Eat a healthy, balanced diet and exercise regularly.
- Avoid air pollution from cigarettes, vapes, woodfires or gas appliances.



## WHAT CAN I DO AFTER THE SMOKE HAS PASSED?



### OPEN UP MY HOUSE

- Let fresh air into my home once the air quality is 'good' (PM<sub>2.5</sub> is below 12.5).



### CONTINUE TO MONITOR FOR ANY HEALTH SYMPTOMS

- Discuss anything that doesn't feel right with my doctor.



### CONTINUE TO MONITOR AIR QUALITY

- Monitor changes in my local air quality if there is still a bushfire in my area.



### BOOK AN APPOINTMENT

- If I feel that my physical or mental health has been affected, I will make an appointment to see my doctor or health professional.



### THINK ABOUT WHAT HAPPENED DURING THE SMOKE

- Write down or talk about anything I would do differently next time.
- Discuss this with the people I live with or care for.
- Think about updating the smoke health plan on page 1.