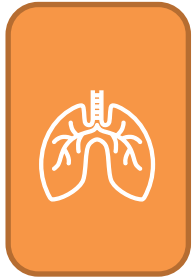


Bushfires and Smoke

Information for people with asthma

Bushfire smoke leads to poor air quality

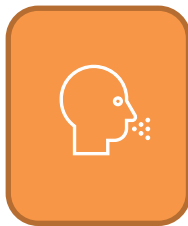
Exposure to bushfire smoke increases the risk of acute symptoms such as



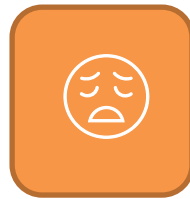
Breathlessness



Wheeze



Cough



Throat irritation or Dry throat



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



AND...

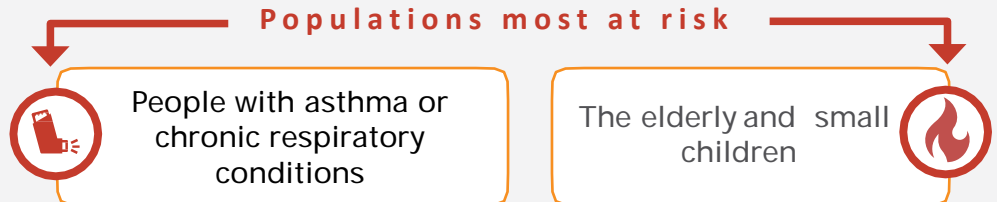
Increases ongoing



Breathlessness
Cough
Wheeze

Who is affected?

Anyone can be affected, even people without an asthma diagnosis



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



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



ASTHMA AUSTRALIA