

SMOKY OUTSIDE? PROTECT YOUR HEALTH



Check for fire warnings in your area
www.emergency.vic.gov.au



Avoid physical activity outside – especially people with heart or lung conditions (including asthma), children, pregnant women and those over 65.



Take an air-conditioned break at a local library or shopping centre.



If you are not under threat from a fire, avoid breathing smoke by staying inside.



Look out for elderly neighbours or other people at risk.



Follow your treatment plan if you have a heart or lung condition (including asthma).



Call NURSE-ON-CALL on 1300 60 60 24 if you are experiencing any discomfort that may be due to smoke exposure such as itchy eyes, sore throat, runny nose or coughing.



Call 000 if anyone is having difficulty breathing, wheezing or experiencing tightness in the chest.

For more information:

- Tips to avoid smoke and how to stay cool in the heat: Better Health Channel – www.betterhealth.vic.gov.au
- Air quality and bushfire smoke: EPA Victoria – www.epa.vic.gov.au/your-environment/air/smoke
- Your safety: Vic Emergency – www.emergency.vic.gov.au or call the Vic Emergency Hotline – **1800 226 226**
TTY users should use the National Relay Service (phone 1800 555 677) then ask for 1800 226 226
- Asthma Foundation of Victoria – www.asthma.org.au