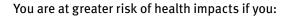
Air quality fact sheet

Protect yourself from dust and smoke

There are simple things you can do to protect yourself:

- Minimise your physical activity outdoors
- Stay inside, and keep windows and doors closed
- Switch air conditioning to 'recirculate' mode
- If your home is too hot or letting in a lot of smoke, go to an air-conditioned library or shopping centre
- Move away from the area and stay with friends and family, if possible

When there's a break in conditions, open your windows and doors to get some fresh air.



- have a heart or lung condition, including asthma
- are over the age of 65
- are a child or infant
- are pregnant.



If you have a lung or heart condition, keep at least 7 days' worth of medication with you.



If you have asthma, follow your treatment plan.

Contact your doctor, pharmacist, hospital or health clinic for more information.

Call 13 HEALTH (13 43 25 84) at any time.

Contact 13 QGOV (13 74 68) for your nearest Public Health Unit.

