

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.

You are at greater risk of health impacts if you:

- ✓ 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.

