

# Staying safe and healthy in smoky bushfire conditions

Bushfire smoke can affect your health, and can also make existing health conditions worse.

## How smoke affects you depends on:

- Your age
- Pre-existing medical conditions
- How much smoke is in the air
- How long you've been exposed to the smoke

## You might have:

- Itchy eyes
- A sore throat
- A runny nose
- A cough

## Some people have a higher risk of illness:

- Babies and children
- Adults 65+ years
- Those who are pregnant
- People with heart or lung conditions (like asthma)

If you are struggling to breathe, call Triple Zero (000)

Call **13 HEALTH (13 43 25 84)** for advice from a qualified nurse. Contact **13 QGOV (13 74 68)** for your nearest Public Health Unit.

If you or anyone in your household is experiencing any health impacts from smoke, get medical advice from your doctor, nearest hospital, or health clinic.

In an emergency, always call **Triple Zero (000)**.

## How to protect yourself



Stay inside, and keep windows and doors closed, and seal gaps with towels.



Avoid exercising outside.



Using your air conditioning remote, change it to 'recirculate' mode.



If your home is too hot or letting in smoke, go to an air-conditioned library or shopping centre.



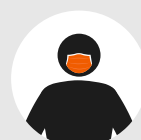
When the smoke eases open your windows and doors to get some fresh air.



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



Keep up to date on the latest bushfire activity by listening to your local radio station, watching your TV and checking the [Queensland Fire and Emergency Services](#) website for bushfire updates.



Consider wearing a P2 face mask to protect yourself from smoke.



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