

# BUSHFIRE SAFETY GUIDE

Protecting your health during bushfire smoke events

EMERGENCY: 000

## UNDERSTANDING THE RISKS

Bushfire smoke contains fine particles (PM2.5), carbon monoxide, and volatile organic compounds that penetrate deep into the lungs and bloodstream. Smoke can travel hundreds of kilometres from the fire, affecting communities far away.

## MOST AT RISK

Asthma / Lung disease   Heart conditions   Older adults   Young children   Pregnant women

## IF YOU ONLY DO FIVE THINGS

01

### STAY INFORMED

Monitor official updates from Australian Fire Authorities and local health departments.

02

### SEAL YOUR HOME

Close windows and doors. Set air conditioning to recirculate. Use a HEPA air purifier.

03

### LIMIT OUTDOORS

Avoid strenuous outdoor activity on heavy smoke days. Wear a P2/N95 mask if you must go out.

04

### PROTECT VULNERABLE PEOPLE

Check on children, elderly and those with chronic illness. Ensure medications are accessible.

05

### BE READY TO ACT

Prepare an emergency kit. Follow evacuation orders from emergency services immediately.

## WHO DOES WHAT IN AN EMERGENCY



### Fire & Rescue

Manage bushfires, evacuations and controlled burns.



### Police

Public safety, traffic, evacuation enforcement.



### Ambulance

Urgent medical care for fire and smoke-related illness.



### SES

Emergency relief, flood support and evacuations.

## QUICK TIPS

Check AQI daily via state environmental

P2/N95 masks only — cloth masks offer

Keep pets indoors and provide fresh

Stay hydrated and avoid indoor

Always follow official advice from local fire and health authorities.

**In an emergency, call 000 immediately.**