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| NSW Health | Bushfire preparedness newsletter copy |
|  | November 2023 |
| v1 | www.health.nsw.gov.au |

### Newsletter copy

#### **Be prepared and stay healthy during bushfire season**

#### This summer, many areas of NSW are at increased risk of bushfires.

#### Everyone can prepare by understanding the risks that you face in your area and making a plan to ensure the safety of you and your loved ones.

#### Exposure to bushfire smoke can have serious impacts on your health.

#### You might be more sensitive to smoke from hazard reduction burning and bushfires if you have a pre-existing lung or heart condition, are pregnant, are aged over 65, or have diabetes. Young children are also more sensitive to smoke.

#### Things you can do to prepare:

* Talk to your doctor about how bushfire smoke might affect your health.
* Update your respiratory or health action plan, if you have one, with your doctor e.g. Asthma Action Plans.
* Check that your prescriptions are up to date and where appropriate, have medicines stored with your important items so you can get them quickly if you need to evacuate.
* Consider keeping a supply of P2/N95 face masks at home and to learn how to fit these well. If you have a heart or lung conditions to talk to your doctor before using a mask.
* Learn how to reduce your risk from bushfire smoke by avoiding outdoor activity when smoke levels are high: https://www.airquality.nsw.gov.au/health-advice.

For more information [health.nsw.gov.au/bushfires](https://www.health.nsw.gov.au/bushfires)

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