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| NSW Health | Bushfire recovery newsletter copy |
|  | December 2023 |
| MASTER | www.health.nsw.gov.au |

### Newsletter copy

**[heading] Stay healthy when returning to your property after a bushfire**

[copy]

After a bushfire, everyday items in and around your home may not be safe. It is important to remain aware and pause before you act.

Steps you can take to look after your health:

* Wait for local emergency services to say it is safe for you to return.
* Pack food, bottled drinking water, sunscreen and a hat to take with you.
* Wear protective clothing including sturdy footwear and heavy-duty work gloves, disposable coveralls (with long sleeves and trousers) and P2/N95 face masks.
* Be aware and stay away from unsafe debris and damaged structures – including ash, asbestos, chemicals and wastewater systems.
* Discard any food that has been affected by heat or fire or has been unrefrigerated.
* Check your drinking water and do not drink or use any water that may be contaminated.
* Take medicines that have been affected by heat or fire to your local pharmacy for disposal.

If you can, limit the time spend at a fire-damaged property for your health and safety. Avoid taking children with you, but if you need to, make sure they follow the tips below on staying protected​.

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Health advice on returning home safely https://www.health.nsw.gov.au/environment/bushfire/Pages/bushfire-recovery.aspx

### Newsletter copy (bushfires and mental health)

[heading] **Looking after yourself after a bushfire**

It is completely normal to experience a range of emotions if you are directly or indirectly affected by bushfires. These may happen immediately, but sometimes much later, and may affect sleep, mood and your daily routines.

Looking after your mental health is more important than ever right now.

There are small things you can do to regain some control and cope during this tough time:

* connect with others
* try stick to a routine
* do things that help you relax, if you can
* accept help when it’s offered
* focus on eating and sleeping well
* limit media coverage.

Professional help is available and only a phone call away. You can call Lifeline on 13 11 14, Beyond Blue on 1300 22 46 36 or 13YARN, run by Aboriginal people, on 13 92 76. If you need support in your language, call the Transcultural Mental Health Line on 1800 648 911.

If you or someone you know is in immediate danger, call Triple Zero (000).

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Find support and help [Link to: <https://www.health.nsw.gov.au/mentalhealth/resources/Pages/bushfire-mental-health-support.aspx>]

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| NSW Health |  |
| NSW Ministry of Health1 Reserve RoadSt Leonards NSW 2065 | Office hours:Monday to Friday9.00am — 5.00pmW: www.health.nsw.gov.au |