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

### Newsletter copy (bushfire smoke)

[heading] **Stay healthy when there is bushfire smoke about.**

[copy]

Bushfire smoke contains fine particles that can irritate your eyes, nose, throat and lungs.

[Some people are more sensitive to bushfire smoke](https://www.health.nsw.gov.au/environment/bushfire/Pages/know-high-risk.aspx), particularly older people, those with underlying health conditions and children.

Protect yourself and your family from bushfire smoke:

* [Check the air quality levels near you](https://www.airquality.nsw.gov.au/) and follow the recommended [health advice](https://www.airquality.nsw.gov.au/health-advice).
* Reduce the time you spend outdoors when it is smoky.
* Keep the air inside your home as clean as possible by doing things such as closing windows and doors.
* Have your asthma puffer handy – if you use one.
* Monitor for any symptoms, especially if you are more sensitive to smoke. Follow your doctor’s advice and any health action plans you have, for example, an Asthma Action Plan.
* Contact your doctor or call **healthdirect on 1800 022 222** (24-hour helpline) if you are worried about any symptoms you are experiencing or **call Triple Zero 000 in an emergency**.

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[Steps to protect yourself from bushfire smoke](https://www.health.nsw.gov.au/environment/bushfire/Pages/bushfire-protection.aspx)

### Newsletter copy (bushfires and mental health)

[heading] **Looking after yourself during and 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 Health  1 Reserve Road St Leonards NSW 2065 | Office hours: Monday to Friday 9.00am — 5.00pm  W: www.health.nsw.gov.au |