



STEPS SENSITIVE PERSONS OR THOSE AFFECTED WITH ASTHMA CAN TAKE IF THERE ARE REPORTS OF A VELDFIRE IN THEIR AREA

VELDFIRE ASTHMA MANAGEMENT TIPS

- If you have asthma, emphysema or another lung disease, follow your health care provider's advice and seek medical care if your symptoms worsen. Below are veld fire asthma management tips adapted from the Asthma Foundation of Victoria Information Sheet:
- If you live in a fire danger area, or are likely to be visiting one, discuss the dangers with your local general practitioner, or clinic doctor. You should also include asthma management in your fire safety survival plan.
- Always take your rescue/ emergency inhaler with you and ensure you use your preventer/controller medication regularly.
- If you decide to evacuate, make sure all your medication especially your emergency reliever pump goes with you.
- Listen to your local radio station, updates on twitter/ internet or watch television for updates on fire and smoke conditions in the area.
- When smoke is in the air but a fire is not directly threatening you, minimize the time you spend outdoors in the smoke. Where practical, stay indoors and close all windows and doors.
- If your building has an air conditioner, turn it onto the 'recycle' or 'recirculate' mode. This will reduce the amount of smoke coming inside.
- If possible stay in air-conditioned premises. If your home gets uncomfortably hot or is letting in outside air, take an air-conditioned break at a local shopping centre.
- If you are particularly susceptible to bushfire smoke, consider staying with a friend or relative whose neighbourhood is not affected and has clean indoor air.
- Everyone should rest indoors and avoid outdoor activity as much as possible. Increased physical activity causes deeper breathing, and a greater number of fine particles are breathed deep into the lungs.
- If the veldfire event lasts a long time, take advantage of any breaks in smoky conditions to air out your home, but remember to close off the house again when conditions deteriorate.
- If you develop symptoms such as shortness of breath, coughing, wheezing or chest tightness use your reliever pump and then seek medical help if your chest does not improve quickly.