

FACT SHEET 2

What can I do in a bushfire?



How can I protect myself in a bushfire?

1. For information about what to do to stay safe before, during and after a bushfire, visit **www.alert.tas.gov.au/get-ready/bushfire**. Go to the Language drop down list in the top right corner of the screen and choose your language.

How can I protect myself from bushfire smoke?

Before a bushfire

1. Work out if you are at a high risk of being sick if there is lots of smoke in the air. This could be if you:
 - have asthma or another lung disease
 - have heart disease or have had a stroke
 - have diabetes
 - are over 65 years of age
 - are a child under 5 years of age
 - are pregnant.

If you are in one of these age groups or have one of these conditions, you need to take extra care to reduce the amount of smoke you breathe in.

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Even if you are not in one of these age groups and don't have one of these conditions, you might still get watery eyes or a headache when there is a lot of smoke in the air. You should feel better when the smoke clears.

2. Consider buying an air cleaner with a HEPA filter. When it is turned on in a small room in your house, it will remove the smoke from the air. You need to close the doors and windows in the room for this to work.
3. Download the 'AirRater' app and practice using it. This will give you information about the quality of outdoor air in your area and will be helpful during a bushfire when there is lots of smoke in the air.

During a bushfire

1. Use the AirRater app to keep track of the air around you. If your area is 'Fairly Poor' or worse (light orange, dark orange, red or brown) and you are at high risk from breathing smoke, then you need to protect your health. You can do this in different ways.
 - Stay inside with the doors and windows closed.
 - Make sure you have your medication close to you (for example, your asthma puffer).
 - Turn on your air cleaner if you have one.
 - Do your exercise indoors.
 - If your home gets smoky inside, consider going to a place with better indoor air quality so that you have a break from the smoke. Places that are air-conditioned will have less indoor smoke, for example, a shopping centre, library or cinema.
 - Consider moving to another location where there is less smoke, for the time the air in your area is smoky. You might consider staying at a friend's or relative's place if they are further from the smoke.

After the bushfire

1. Use the AirRater app to check the smoke in the air. As soon as your area is 'Good' (green), open up your house to let fresh air in.
2. Until the fire is completely out, keep using the AirRater app regularly to check the air in your area.
3. If you felt unwell after breathing in smoke and you don't feel better after the smoke has gone, see your doctor.
4. Think about your experience and what you might do better next time to protect your health.

