

PLANNED BURNS

Protect your health from smoke

Planned burning is happening across Victoria to reduce bushfire risk to communities, property and the environment. Smoke may affect some people's health. People with heart or lung conditions (including asthma), children, pregnant women and older people are more sensitive to the effects of breathing in smoke.

If you live in or are visiting a smoke affected area, plan ahead to protect your health

- Keep checking when and where planned burns are expected to happen in your region so you can be prepared for smoke. Plans can change at very short notice because of the weather.
- If you have a health condition follow the treatment plan provided by your doctor.
- If you are asthmatic, follow your asthma management plan and carry reliever medication with you.

During smoky conditions:

- First check www.emergency.vic.gov.au If the smoke is caused by a fire you may be at risk and need to leave.
- If the smoke is from a planned burn, stay indoors with windows and doors closed. If operating an air conditioner, switch it to recycle or recirculate to reduce smoke coming into your home.
- Avoid physical activity.
- You may wish to leave the area while it is affected by smoke.
- If you experience symptoms that may be due to smoke exposure seek medical advice or call Nurse-on-call on 1300 60 60 24.
- Find out more www.betterhealth.vic.gov.au/bushfiresmoke

Stay up to date

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Call 1800 226 226

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