HOW TO PROTECT YOURSELF AND OTHERS FROM BUSHFIRE SMOKE

1. Stay indoors
2. Plan medication
3. Reduce physical activities outdoors
4. Wear face masks
5. Trust your senses
6. Keep well
7. Take care of mental health
8. Follow bushfire news and advice
9. Follow air quality information
10. Help others

National Centre for Epidemiology & Population Health
Research School of Population Health
College of Health & Medicine