HOW TO PROTECT YOURSELF AND OTHERS FROM BUSHFIRE SMOKE

1. Stay at home.
2. Make a plan for medications.
3. Reduce external activities.
4. Wear a face mask.
5. Trust your own awareness.
6. Focus on mental health.
7. Stay healthy and safe.
8. Keep updated with the bushfire information and pay attention.
9. Pay attention to the air quality.
10. Offer assistance to others.

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