

# Bushfire smoke leads to poor air quality and the potential for a sudden emergency evacuation

## Bushfire Asthma Checklist

1

### A Bushfire plan

- Ensure you know what to do in the event of a bushfire
- Visit: [www.rfs.nsw.gov.au/resources/bush-fire-survival-plan](http://www.rfs.nsw.gov.au/resources/bush-fire-survival-plan) to create a bushfire plan



2

### An up-to-date written asthma action plan

- Contact your health care provider for an up-to-date written asthma action plan
- Ask if there should be any variations for heavy smoke exposure



3

### A medication plan

- Ensure asthma medications are in date
- Have a 30 day supply in case of shortages or evacuations
- Know how to communicate your medication requirements to volunteers in the event of an evacuation



4

### Keep your medications in a central place

- In case of an emergency evacuation keep your medications together and in a central place for easy access
- Using the same pharmacist can help with continuity in the event of lost medication prescriptions



5

### Have an asthma companion

- A person who knows what medications you need, when you need them and provide a written plan for them
- Educate your companion to know when you need urgent medical care



6

### Try to minimise stress during an evacuation

- Having a plan and easy access to your medications will assist to reduce the uncertainty of an emergency evacuation

