

# Bushfires Smoke and Asthma

## Recommendations for Health Care Providers

### WHAT ARE THE RISKS?

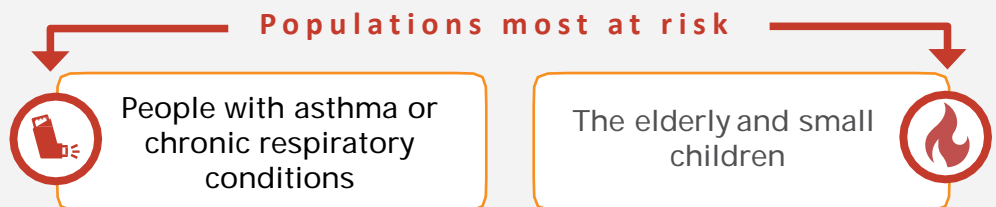


and

- 🔥 Bushfire smoke increases the likelihood of respiratory symptoms including:
  - 🔥 Breathlessness
  - 🔥 Wheeze
  - 🔥 Throat irritation/Dry throat
  - 🔥 Cough
- 🔥 An increase in these symptoms may be acute or ongoing
- 🔥 During bushfire seasons there is an increase in health care use and asthma attacks
- 🔥 Increased symptoms of anxiety and depression can also occur

### Who is affected?

Anyone can be affected, even people without an asthma diagnosis



### What can you do?

Ensure patients have an up-to-date written asthma action plan



Patients should continue their prescribed medication and have a 30 day supply

Provide accurate and consistent information regarding air pollution



Encourage smoke reduction strategies such as staying indoors

Consider alternative models of care when air quality is poor - such as using telehealth



Encourage use a P2/N95 mask when outdoors