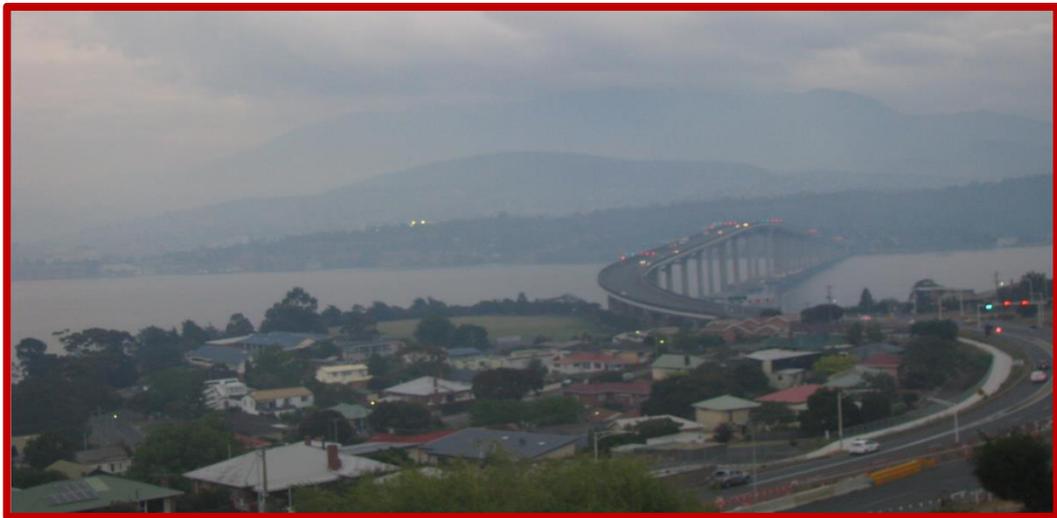


# Smoke and your health

Fuel Reduction Burns in Tasmania are carefully planned to reduce the impact of smoke. However changes in weather conditions and other factors can affect where smoke from a planned burn may travel.

If people can smell smoke, it can be a risk to their health and they need to ensure they take the necessary precautions to protect themselves against it.



Exposure to smoke can trigger asthma symptoms such as wheezing, coughing, chest tightness or shortness of breath.

Children, the elderly and people with breathing problems, including asthma, are the first to feel the effects of smoke and particle pollution, which means they need to take extra care.

Asthma is a serious condition and if not managed properly can be life threatening. People with asthma can access the Asthma Foundation's online smoke alert service, which issues warnings on Facebook and Twitter when smoke levels are high anywhere in the state. The Foundation's website also provides an interactive map with the most up-to-date smoke levels in each region.

Website: [www.asthmatas.org.au](http://www.asthmatas.org.au)

Twitter: [@smoke\\_alert\\_tas](https://twitter.com/smoke_alert_tas)

Facebook: Smoke Alert Tasmania

## Fuel Reduction Program



What to do in smoke-affected areas for people with asthma and other respiratory illnesses:

During periods of high intensity smoke – which can be caused by bushfires, burn-offs, residential wood smoke, forestry burns and fuel reduction burns – the Asthma Foundation recommends people with asthma and other respiratory illnesses take the following precautions:

- Carry their grey/blue reliever puffer with them at all times
- Stay indoors and keep windows and doors closed
- Minimise their amount of outdoor physical activity
- If using an air conditioner or heat pump at home or in the car, set it to 'recycle'
- Minimise exposure to other irritants such as cigarette smoke and dust
- Prepare an up-to-date action plan ahead of time to avoid unnecessary exposure to smoke and to be able to respond quickly if your symptoms become more severe.

The Fuel Reduction Program consults with the community and issues notifications and media releases to advise on fuel reduction burning activities.

For information on what fuel reduction burns are planned and being conducted on any given day, go to [www.fire.tas.gov.au](http://www.fire.tas.gov.au) Fuel Reduction Program.

*Medical advice courtesy of the Asthma Foundation of Tasmania*

For more information, visit [www.fire.tas.gov.au](http://www.fire.tas.gov.au)  
or call the Fuel Reduction Unit on **1800 000 699** or [fru@fire.tas.gov.au](mailto:fru@fire.tas.gov.au)