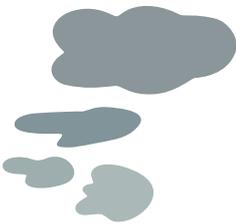# Protect yourself from bushfire smoke

Fine particles from smoke can cause some short and long-term health effects. Breathing these fine particles deeply into the lungs can cause breathing problems and worsen pre-existing medical conditions such as asthma and heart disease.

Children (up to 14), adults over 65, smokers, pregnant women, and people with a heart or lung condition, or diabetes are more sensitive to the effects of breathing in smoke. Their symptoms can be worse at lower smoke concentrations compared to other people.

Some signs of short-term smoke irritation to look out for include itchy eyes, sore throat, runny nose and coughing.
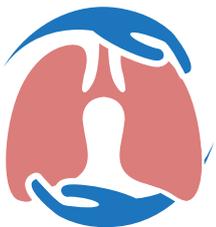
If you have a pre-existing heart or lung condition including asthma, take medication during bushfires, follow a treatment plan and seek immediate medical advice if symptoms such as difficulty breathing or tightness in the chest occur.

EPA VICTORIA

The Environment Protection Authority (EPA) provides information and advice on air pollution levels. You can find information about air pollution in your local area on the EPA AirWatch or visit VicEmergency for information on fires near you.