

Smoke from fires

Plan ahead and protect your health

Step 1 Are you sensitive to smoke?

People with heart or lung conditions (including asthma), children, pregnant women and those over 65 years are more sensitive to the effects of smoke.

Step 2 Identify your landmarks

When the air is clear, identify landmarks visible from your home (such as hills, buildings or towers), and their distance away.

Google maps can help you identify distances www.googlemaps.com > right click > "measure distance"

Step 3 Can you see the landmarks when there is smoke?

Smoke advisory level	Visible landmark	Sensitive to smoke	Less sensitive to smoke
Low/moderate	20 km	Normal activity	Normal activity
Unhealthy – sensitive	10 km	Reduce prolonged or heavy physical activity	Normal activity
Unhealthy	5 km	Avoid prolonged or heavy physical activity	Reduce prolonged or heavy physical activity
Very unhealthy	2 km	Avoid all physical activity outdoors	Avoid prolonged or heavy physical activity
Hazardous	1.5 km	If there are no fire threats, remain indoors and keep physical activity levels as low as possible	Avoid all physical activity outdoors

Step 4 Stay informed

If you see smoke haze, check for fire warnings in your area:

- Listen to your local ABC radio station for updates
- Go to Vic Emergency Management at: www.emergency.vic.gov.au
- Call the Vic Emergency Hotline on 1800 226 226. TTY users should use the National Relay Service (phone 1800 555 677) then ask for 1800 226 226.

Health information

If you:

- have a heart or lung condition follow your treatment plan advised by your doctor
- have asthma, follow your asthma plan
- have concerns about your health, see your doctor or call NURSE-ON-CALL on 1300 60 60 24
- experience wheezing, chest tightness or difficulty breathing call 000 immediately.

