

SMOKY OUTSIDE? STAY INSIDE

If you are not under threat from a fire, avoid breathing smoke by staying inside.



For more information:

- Tips to avoid smoke and how to stay cool in the heat: Better Health Channel – www.betterhealth.vic.gov.au
- Air quality and bushfire smoke: EPA Victoria – www.epa.vic.gov.au/your-environment/air/smoke
- Your safety: Vic Emergency – www.emergency.vic.gov.au or call the Vic Emergency Hotline – **1800 226 226**
TTY users should use the National Relay Service (phone 1800 555 677) then ask for 1800 226 226
- Asthma Foundation of Victoria – www.asthma.org.au

