

Health advice during current smoky conditions

People with heart and respiratory conditions should take precautions

Tweed Shire Council and the North Coast Public Health Unit are urging people with heart and respiratory conditions to be cautious due to the high air pollution levels associated with fires in the Tweed.

Assistant Director of Public Health North Coast, Greg Bell, said children, older adults and people with heart and lung conditions were the most susceptible to the effects of air pollution and excessive smoke.

“Residents are advised that temperature inversions* common at this time of year exacerbate problems experienced with air pollution,” Mr Bell said.

“If you have asthma you should follow your Asthma Action Plan and take your relieving medication where necessary and if symptoms get worse, seek medical advice.

“Smoke may aggravate existing heart and lung conditions and cause irritated eyes, coughing and wheezing.

“Stay indoors, close windows and follow your health plan.

“To minimise any effects of smoke or air pollution, people should also consider avoiding vigorous exercise, seek out air-conditioned premises and even consider moving away from the direct path of smoke while fires are still active.”

“The bushfire at Terragon will likely continue for at least another two days. People with known health conditions should check the NSW Rural Fire Service website www.rfs.nsw.gov.au for regular updates on current fires,” Mr Bell said.

In case of emergency, always remember to dial 000.

For more information about bushfire smoke and health, visit the NSW Health website: www.health.nsw.gov.au/environment/factsheets/Pages/bushfire-smoke.aspx

** A temperature inversion is where the temperature of the atmosphere increases with altitude in contrast to the normal decrease with altitude*

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