

Smoke haze & respiratory health

Bushfires across Victoria are creating significant levels of air pollution and the **potential for respiratory health impacts**, particularly for people in risk categories such as:

- People with heart and lung conditions, including asthma
- Children younger than 14
- People older than 65
- Pregnant women

People in these groups are more likely to experience symptoms from air pollution. Symptoms can include:

- itchy or sore eyes
- sneezing and runny nose
- coughing and wheezing
- shortness of breath
- chest tightness



People with known health issues should **carry their medication at all times** and consult a reputable information source such as the EPA Victoria AirWatch to determine air quality factors that could impact their health.

See https://www.epa.vic.gov.au/EPAAirWatch

Severe reaction to air pollution and irritants can threaten life.

If you, a colleague or a member of your family are experiencing wheezing, chest tightness or pain and are having breathing difficulty, call <u>000</u> or seek alternative emergency medical assistance.

If you have non-urgent concerns about your health, you can seek medical advice through our medical provider InitialCare on 1300 031 057.

For general workplace exposure concerns and to access suitable fabric masks for yourself and your family members, please contact your safety manager.

Please contact Sam Harbert, Occupational Hygiene Advisor on 043 789 3703 for any other concerns.

For more information, please email safety@melbournewater.com.au