

Asthma and Landscape Fire Smoke: A position statement of the Thoracic Society of Australia and New Zealand

Landscape fires are increasing in frequency
and severity globally
They cause large health and socioeconomic
burden for communities and governments

People with asthma are particularly
vulnerable to the effects of landscape
fire smoke exposure

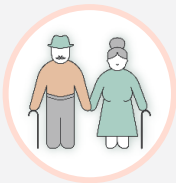
Landscape fire exposure increases risk of:

- Asthma Attacks
- Healthcare use
- Medication use
- Oral Steroid Use
- Respiratory Symptoms
- Cough
- Throat tightness



EXPOSURE

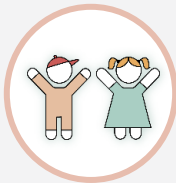
Populations at risk



Older
People



Aboriginal &
Torres Strait
Islander Peoples



Children



Pregnant
Women

Smoke Mitigation Strategies

Most Effective

- **Relocation**
Reduces exposure by 100%
- **Close doors and windows, air conditioners in recirculation mode**
Use portable air cleaners with HEPA filter
Reduces exposure by 20 to 90%
- **Stay indoors, avoid heavy or prolonged physical activity**
Reduces exposure by approximately 10-50% depending on the building
- **Personal Protective Equipment, N95 mask**
Reduces exposure by $\geq 90\%$ if well fitted but nearly 0% if poorly fitted

Least Effective

Asthma Management



- Pharmacotherapy and regular review
- Written Asthma Action Plan
- Self-Management Skills
- Provision of Education
- Self-monitoring and effective planning
- Shared decision-making patient centred care

Read the position statement

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