

PUBLIC HEALTH INFORMATION

Please read this important public health advice for residents affected by smoke from the burning of cyclone waste.

Smoke from burning wood.

The smoke from wood burning is made up of gases, water vapour, and fine particles (also called particulate matter or PM2.5).

These fine particles can get into your eyes and respiratory system, causing burning/ itchy eyes, a runny nose and may increase asthmatic symptoms or trigger an asthma attack.

Most healthy people can tolerate small amounts of smoke exposure, but smoke may affect vulnerable groups such as children, the elderly, those who smoke cigarettes, and those with underlying lung heart or lung disease more seriously.

Extra care should be taken to avoid exposure to smoke for people in these groups.

In healthy people, most symptoms disappear soon after exposure to smoke ends and do not cause long-term health problems. If your symptoms persist, phone Healthline (0800 611 116) for free 24-hour health advice or see your doctor.

If you have asthma, lung or heart disease, seek medical help if your symptoms worsen and do not respond to your usual measures, or if you experience breathlessness or chest pain.



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Protect yourself from smoke:

- Stay indoors with the doors and windows shut, particularly if you or your family are vulnerable to smoke exposure.
- Avoid outdoor exercise when air quality is poor due to smoke. If you do need to go outside, wear a P2/N95 Mask that has a tight seal around the mouth and nose.
- Bring in any washing you have on the line to avoid smoke residue on clothing.
- If you have an air conditioner, make sure it is circulating indoor air. Switch off air conditioners that do not allow the fresh air intake from outside to be turned off.
- A portable air cleaner may improve the air quality in a room, which may help those with asthma. These work best in an enclosed room where people spend most of their time.
- Drink plenty of water.
- Anyone with an urgent smoke-related health condition should seek medical attention by phoning 111.

IF YOU DID NOT EXPERIENCE ANY SYMPTOMS AT THE TIME YOU WERE EXPOSED TO THE SMOKE, YOU ARE VERY UNLIKELY TO HAVE ANY LONG-TERM HEALTH EFFECTS.

If the fire is not dangerous but smoke, ash, dust or odour is drifting over your property or causing a hazard, please contact the Hawke's Bay Regional Council Pollution Hotline 0800 108 838.