

Advice From Thameside Council

Residents in areas affected by smoke should stay indoors, keep their doors and windows closed, and tune in to the local radio station for advice and information. Motorists who have to travel through the smoke should keep windows closed, turn off air conditioning and keep their air vents closed. If people need to be outdoors, they are advised to avoid areas affected by any smoke or ash, or to limit the time that they spend in them.

Smoke can irritate air passages, the skin and the eyes leading to coughing and wheezing, breathlessness and chest pain. It can also worsen existing problems such as asthma and people with asthma should carry their inhaler with them at all times. Anyone concerned about their symptoms should contact their GP or NHS Direct.”

Key is the need to:

- avoid smoky areas*
- if there is visible smoke stay indoors and keep your doors and windows closed.*
- limit the time you spend outdoors.*
- if driving in smoky areas, keep your windows wound up and switch air conditioning systems to recycle or recirculate to prevent drawing in outside air.*
- individuals with heart or lung diseases such as asthma should ensure they have access to their medication and seek medical advice if their symptoms worsen.*