

# Impact of bushfire smoke on pregnancy outcomes

When exposed to bushfire smoke pregnant women and their babies are at increased risk of poor outcomes

## IMPACT ON BABY



Increased risk of low birth weight



Increased risk of early birth



Increased risk of intensive care admission

## IMPACT ON MOTHER



Increased risk of asthma symptoms



Increased risk of high blood pressure



Increased risk of diabetes



Increased risk of anxiety and distress



## PROTECTING YOURSELF FROM THE IMPACT OF BUSHFIRE

- Check the air quality
- Stay Indoors
- Close and seal doors and windows
- Use HEPA air purifier
- Set air-conditioning to recirculate
- Use a well-fitted P2/N95 mask
- Limit outdoor physical activities
- Have an asthma action plan
- Keep a supply of asthma medication, food and clean water
- Have an evacuation plan
- Stay connected with family and friends
- If concerned seek medical support

### References:

Amjad S, Chojecki D, Osornio-Vargas A, Ospina MB. Wildfire exposure during pregnancy and the risk of adverse birth outcomes: A systematic review. *Environ Int.* 2021;156:106644.

Abdo M, Ward I, O'Dell K, Ford B, Pierce JR, Fischer EV et al. Impact of Wildfire Smoke on Adverse Pregnancy Outcomes in Colorado, 2007-2015. *Int J Environ Res Public Health.* 2019; 16(19).