

Submission
No 23

**INQUIRY INTO HEALTH IMPACTS OF EXPOSURE TO
POOR LEVELS OF AIR QUALITY RESULTING FROM
BUSHFIRES AND DROUGHT**

Name: Ms Margaret Morgan

Date Received: 11 March 2020

Asthma Submission

A peat fire was burning at Crescent Head from April producing smoke and particles eventually blowing into my area, on days with an onshore wind.

Bushfires then burned across the Mid North Coast from September to February and my breathing capacity deteriorated during and following this event. There were many, many days sometimes for weeks on end, I would wake to air that was heavy with thick smoke and at time embers engulfing the area. It was almost impossible to breathe in the smokey atmosphere and most of my time was spent indoors, the Doctor then advised I have a blood test to measure vitamin D as a precaution. Luckily that was ok.

My breathing became laboured and I was also advised to have a lung and chest xray. As a result I was prescribed Seretide Accuhaler twice daily and Ventolin for use as needed. I had never needed any of these medications previously. At times I find it very difficult to catch my breath, have what I describe as a heavy chest and at this time I use Ventolin.

I've also had some changes to my voice, which has now become husky and quiet, this was also of concern and I was advised to see an ENT specialist, with no result I have been advised to obtain a second opinion for some certainty.

I would also like to add although it is nothing to do with Asthma, people I have conversations with find it difficult to listen to my squeaky and quiet voice and tell me not to speak, or offer me water, which at times is I find distressing.