

STAY SAFE IN THE HEAT

POTENTIAL RISKS TO YOU IN A HEATWAVE	WHAT ARE YOU DOING ALREADY?	WHAT WILL YOU DO THIS SUMMER?
<ul style="list-style-type: none"> • Illness (dehydration, heat cramps, heat exhaustion, heat stroke) • Shops may close • Power may go out (blackouts) • Public transport may not work • People may be more aggressive • Fires may occur • Hospitals and social services may become overwhelmed 	<ul style="list-style-type: none"> ▪ Drink plenty of water, even if you do not feel thirsty ▪ Block out the sun during the day by closing curtains and blinds, and open windows when there is a cool breeze ▪ Keep a list of emergency contact numbers ▪ Wear light, loose-fitting clothing ▪ Stay out of the sun during the hottest part of the day. If you must go out, stay in the shade and take plenty of water with you ▪ Spend as much time as possible in cool or air-conditioned buildings (for example, shopping centres, libraries, cinemas or community centres) ▪ Contact a family member or friend daily ▪ Put a bowl of ice cubes in front of a fan to create a cool breeze ▪ Fill a sock with rice and place in the freezer to create a cheap 'cooling pack' ▪ Dip a cloth in cold water and wipe your face, neck and arms ▪ Put your feet in cool water and taking cool (not cold) showers ▪ Put ice cubes in your pet's water bowl ▪ Eat cold meals such as salads, fruit and cold soups. Make sure food that needs refrigeration is properly stored ▪ Keep physical activity to a minimum and rest when you feel tired ▪ Do chores during the coolest time of day ▪ Listen and watch out for news reports that provide more information during a heatwave ▪ Plan for power outages in your home 	<ul style="list-style-type: none"> ✓ Drink plenty of water, even if you do not feel thirsty ✓ Block out the sun during the day by closing curtains and blinds, and open windows when there is a cool breeze ✓ Keep a list of emergency contact numbers ✓ Wear light, loose-fitting clothing. ✓ Stay out of the sun during the hottest part of the day. If you must go out, stay in the shade and take plenty of water with you ✓ Spend as much time as possible in cool or air-conditioned buildings (for example, shopping centres, libraries, cinemas or community centres) ✓ Contact a family member or friend daily ✓ Put a bowl of ice cubes in front of a fan to create a cool breeze ✓ Fill a sock with rice and place in the freezer to create a cheap 'cooling pack' ✓ Dip a cloth in cold water and wipe your face, neck and arms ✓ Put your feet in cool water and taking cool (not cold) showers ✓ Put ice cubes in your pet's water bowl ✓ Eat cold meals such as salads, fruit and cold soups. Make sure food that needs refrigeration is properly stored ✓ Keep physical activity to a minimum and rest when you feel tired ✓ Do chores during the coolest time of day ✓ Listen and watch out for news reports that provide more information during a heatwave ✓ Plan for power outages in your home

FOR MORE INFORMATION ON STAYING SAFE IN THE HEAT CONTACT NURSE-ON-CALL Tel. 1300 606 024 (24 hours, 7 days)

IN AN EMERGENCY, CALL AN AMBULANCE ON 000