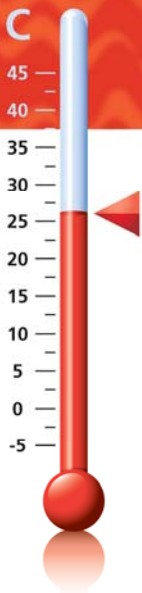


# Beat the HEAT



**26 DEGREES INSIDE - TIME TO TAKE ACTION!**

## Planning to keep your cool

Things you can do to help keep cool during a heatwave

### Keeping your home cool

#### Before the heat hits you can:

- Put up external shading outside windows.
- Insulate walls and roofs – they keep the heat in during the winter months and heat out during the summer.
- Use pale, reflective external paints.
- Grow trees and leafy plants near windows to act as natural air-conditioners.
- Deciduous trees and plants are recommended for Australian conditions.
- Grow indoor plants as evaporation helps cool the air.

#### When the temperature rises you can:

- Turn off non-essential lights and electrical equipment – they generate heat.
- Keep windows and curtains that are exposed to the sun closed during the day, and open windows at night when the temperature has dropped. This is known as 'purging'
- If possible, move into a cooler room, especially for sleeping.
- If using an air-conditioner, isolate the room to ensure its effectiveness and to reduce cooling loss.

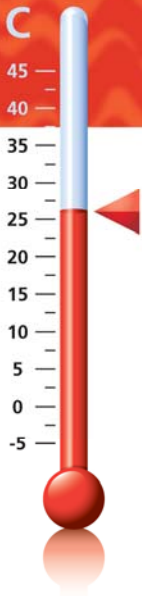
### Keeping your self cool

Do some moderate exercise in the warm weather so that you body becomes accustomed to moving around in the heat.

#### Keep out of the heat

- Plan ahead to try and avoid being out in the heat between 10am and 3pm
- Use a fan or air conditioning
- If you must go out, stay in the shade, wear a hat, light loose clothing, and sunscreen. Take water with you
- Take cool showers or baths, splash yourself several times a day with cold water
- Use a cool tie or frozen face washers to get your temperature down

# Beat the HEAT



**26 DEGREES INSIDE - TIME TO TAKE ACTION!**

## **Modify your lifestyle**

- Eat small meals regularly. Try to eat more cold food, particularly salads and fruit, which contain water
- Slow down
- Wear light-weight, light-coloured cotton clothing
- Avoid strenuous exercise, like sport, DIY or gardening, if you cannot avoid it keep it for cooler parts of the day, like early morning

## **Drink regularly**

- Drink small amounts of water or fruit juice regularly even if you don't feel thirsty
- Avoid alcohol, tea and coffee, as they can make dehydration worse

## **Look out for others**

- Keep an eye on isolated, elderly, ill or very young people and make sure they are able to keep cool.
- Ensure that babies, children or elderly people are not left alone in stationary cars.
- Check on elderly or sick neighbours, family or friends every day during a heatwave – maybe offer to shop for them to reduce their exposure to the heat.
- Be alert and call a doctor or social services if someone is unwell or further help is needed.