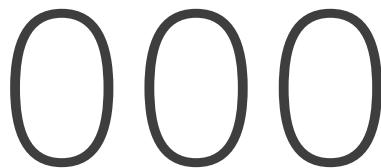


# What to do in a heatwave

Dr Liz Hanna, *Health Expert*

## IN AN EMERGENCY, CALL TRIPLE ZERO (106 FOR PEOPLE WITH A HEARING OR SPEECH IMPAIRMENT)



- › Take care of yourself – everyone is at risk
- › Stay cool
- › Stay hydrated
- › Stay informed – Listen to local ABC Radio Station
- › Keep in touch with family, friends and neighbours



### STAY COOL

- › Minimise exertion
- › Keep out of the sun. Minimise heat exposure for yourself and others
- › Limit trips outside and reschedule work meetings and tasks wherever possible
- › Spend time in cooled, well air-conditioned places. If you do not have air-conditioning at home spend time in places that do, such as public libraries, cinemas etc
- › Keep your building cool. Close blinds during the day, and open to cool in the evening
- › Wear cool, comfortable clothes
- › Spray misted water onto body and clothes
- › Spend time lying on and under a wet sheet. Indoor fans can be helpful
- › Avoid using a fan where the indoor temperature is higher than 37°C
- › Remind the elderly of these cooling strategies, and assist them to achieve optimal cooling
- › Check with your local council to hear their heatwave response plan.



### STAY HYDRATED

- › Drink plenty of fluids, chilled if possible
- › Drink enough to urinate at least three times a day, and urine should be very pale in colour. If yellow, or darker, keep drinking. Avoid tea, coffee and alcohol.



### FOOD

- › Ensure that food is refrigerated properly
- › Dispose of spoilt food.



### TRANSPORT/INFRASTRUCTURE

- › Stay informed and up-to-date about planned blackouts
- › Have a backup plan in case electricity or transport (road/rail) infrastructure fails.



### WILDLIFE

- › Leave out shallow containers of water for birds, possums and other animals. Place small stones in the bottom of the container and ensure that the water is left in a shady, protected environment (out of view from birds of prey and high enough to be safe from cats)
- › If you find injured or heat-stressed wildlife, bring them into cooler environments and lightly mist them with water
- › If you are concerned about an animal, call a wildlife rescue centre near you.



### PETS

- › If dogs or cats appear heat stressed, panting or restless, bathe them in cool water. Call your vet if you are concerned
- › Bring your pets indoors when it's very hot, or ensure they have outdoor shelter
- › Leave out two bowls of cool drinking water (in case one is knocked over)
- › Never leave your pets alone in the car.