

Be Prepared and Stay Safe

Heatwaves are deadly. Here's a brief guide on what to do during a heatwave.



AT HOME

- › Spend time in cool, well air-conditioned places or places with indoor fans. If you do not have air conditioning or indoor fans at home seek out local places that do, such as public libraries, shopping centres, etc
- › Stay hydrated by drinking plenty of water throughout the day
- › Avoid alcohol and drinks with caffeine, such as tea and coffee
- › Cancel all non-essential outside tasks – particularly those involving physical activity
- › Complete any essential outside tasks early in the day
- › The elderly, sick and young are particularly vulnerable and should stay in cool environments, and wear cool, comfortable clothes
- › Check with your local council to hear their heatwave response plan.



AT THE WORKPLACE

- › Limit trips outside air-conditioned buildings; rearrange work meetings if necessary
- › Drink plenty of water and avoid caffeinated drinks
- › Ensure staff have ready access to shade and water. Review workloads, including breaks.



FOOD

- › Ensure that food is refrigerated properly and immediately
- › Dispose of spoiled food, and dispose responsibly.



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, placing small stones in the bottom of the container and ensuring 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 with water
- › If you are concerned about an animal, call a wildlife rescue centre near to you.



PETS

- › If dogs or cats appear heat stressed, panting or restless, bath in cool water; call your vet if you are concerned about a pet.



ALWAYS

- › Take care of yourself
- › Stay hydrated
- › Stay cool
- › Avoid the sun
- › Keep in touch with family, friends and neighbours
- › Stay informed
- › Seek medical advice if you feel unwell

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