

BEAT THE HEAT:

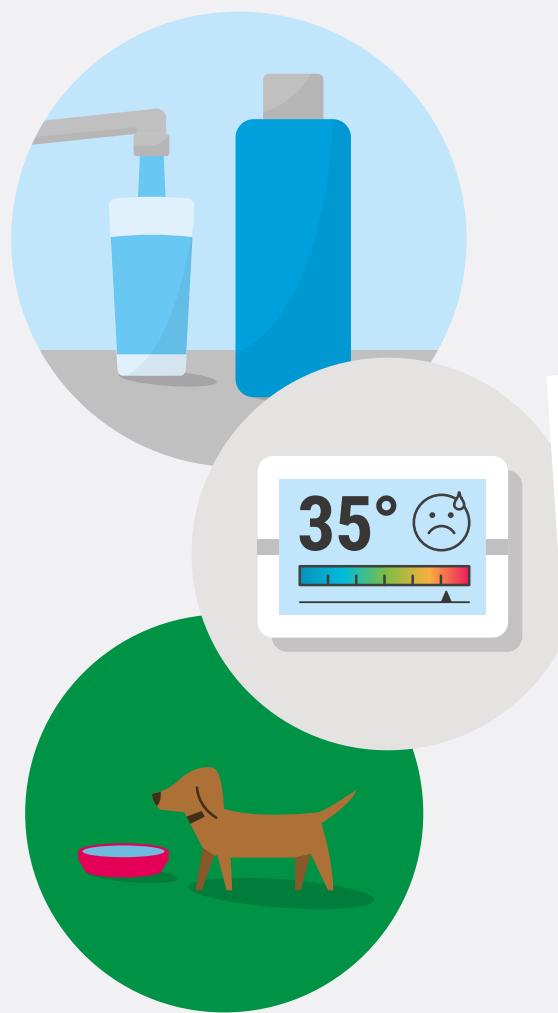


HOT TIPS TO STAY COOL THIS SUMMER



Climate change is driving longer, hotter and more intense heatwaves in Australia. Known as the silent killer, heatwaves cause more deaths in Australia than all other extreme weather events combined.

Here's how to keep yourself, your loved ones and your furry friends safe and cool during extreme heat.



SOME HOT FACTS

- Climate change, driven by the burning coal, oil and gas, is making hot days hotter, and heatwaves longer, more intense and more frequent.
- 2024 was the hottest year ever recorded globally, and the past 10 years (2015-2024) are all among the hottest 10 years on record.
- [Heatwaves are lethal](#) - causing more deaths in Australia each year than all other extreme weather events combined.
- About a third of all summer heat-related deaths can be attributed to [climate change](#).
- Our future is still in our hands: Now is the time for all levels of government to accelerate their efforts to slash climate pollution further and faster, and protect more Australians from avoidable escalations in heatwaves.

Checklist

- Get prepared before a heatwave hits
- Heat-proof your home
- Keep yourself and your loved ones safe during a heatwave
- Look after your furry and feathery friends
- Turn down the heat by taking steps to cut climate pollution

WHAT TO DO BEFORE IT GETS UNBEARABLY HOT

Have a working air-conditioner.

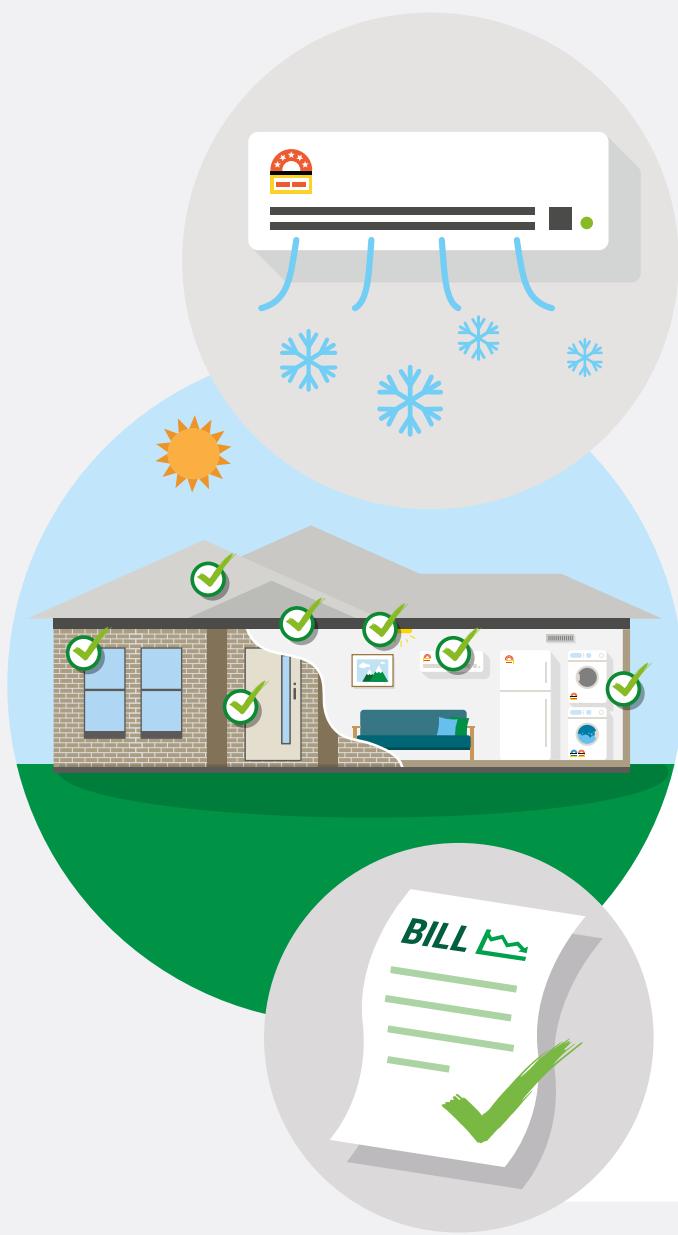
If you don't have air-conditioning, get yourself set up before a heatwave hits.

Stock up now.

If a heatwave is forecast, start preparing containers of ice in your freezer and stock up on food, water and medicines so you don't have to go out in the heat.

Heat-proof your home.

Look at the things you can do to make your home cooler such as installing window coverings, shade cloths, external awnings and planting trees to provide shade around the house.



BE CHILL AT HOME. SOME HEAT-PROOF HOME HACKS

Draught proof your home.

Check your windows, doors and floors for gaps, and seal them. There are practical and affordable ways to do this like using rolled up towels under door cracks or sealant strips around door frames to prevent airflow. For windows and flooring, patch gaps with putty or sealer. A well-sealed home will help keep the heat out ([and save you money on your energy bill](#)).

Create external shade.

Use umbrellas, awnings, or trees to shade your home. External shading of windows can block up to 90% of unwanted heat gain.

Create internal shade.

Close windows, curtains and blinds during the day as well as closing off spaces that are not in use. You can use blackout curtains with white backing, shade cloth or bamboo blinds to keep the heat out.

Leverage cooler temperatures.

Consider opening the windows during early morning to allow cool air inside. Or if there is a cool change on a hot day, open all windows to create cross-ventilation.

Insulate.

If possible, install insulation in your ceiling, floor and walls to increase energy efficiency in your home. You can also install double-glazed or secondary-glazed windows or use honeycomb/solar blinds to keep the heat out.

Benefits of an energy efficient home

- Better temperature control
- A healthier and more liveable home for you and your family
- Saves you hundreds of dollars energy bills
- Reduces your household emissions

[Learn more here.](#)

HOW TO BEAT THE HEAT

- Avoid the sun.** Spend time in the shade or in cool places with air conditioning. If you do not have access to air conditioning at home, seek out cool places in your community like a library or shopping centre.
- Water is your friend.** Stay cool with a personal spray bottle, a wet washcloth on your neck or shoulders, or cold showers.
- Stay hydrated.** Drink plenty of water throughout the day and consider avoiding hot meals that add heat to your body, as well as caffeine or alcohol that may contribute to dehydration.
- Plan ahead.** Schedule any outdoor activities for cooler parts of the day, particularly those that involve physical activity.
- Dress appropriately.** Wear loose and light coloured clothing with natural fabrics.
- Check on others.** The young, elderly, pregnant and sick are particularly vulnerable to heat. Check in on your loved ones and neighbours during a heatwave.
- Stay informed.** Listen, watch or read news reports for heat-related information.
- Research your local council's heatwave plan.** Many councils are creating 'cool refuges' in their communities to ensure that residents have a safe, cool place to go during extreme heat.

HOW TO KEEP YOUR PETS AND FURRY FRIENDS COOL

- Timing is everything.** Take early morning or evening walks and avoid walking on hot surfaces.
- Stick together.** Never leave your pets alone in a parked car.
- Food, water, shade.** Ensure your pets have plenty of water and shade for the day. You could even set up a small paddling pool or whip up some refrigerated snacks.
- Check in.** Be aware of the signs of heatstroke in dogs, like excessive panting, glazed eyes, vomiting, weakness.
- Remember your local wildlife.** Leave out shallow containers of water for birds, possums, and other animals (remember to place them out of reach of predators, e.g. cats)

EXTREME HEAT CAN AFFECT ALL OF US AND EXPOSURE CAN PUT YOU AT RISK OF:

 Heat cramps

 Heat exhaustion

 Heatstroke

 Heat can also make existing medical conditions worse, for example heart disease.

If you observe symptoms of heat-related illness, seek medical help.



WHERE TO GET HELP

- **In an emergency, call triple zero (000)**
- **Your GP (doctor)**
 - if you, or someone you know, may be suffering from a heat-related illness
- **NURSE-ON-CALL**
 - 1300 60 60 24 – for expert health information and advice – 24-hours, 7 days
- **Lifeline Australia**
 - 13 11 14 – support for people in crises
- **RSPCA**
 - animal welfare issues
- **Wildlife Rescue Australia**
 - 1300 596 457 – 24-hour call centre



WHAT ELSE CAN I DO?

We know that the best way to turn down the heat is to rapidly cut climate pollution. Here are some things you can do to help:

- **Stay in the know.** Keep up to date with the latest climate news and developments by [signing up to our mailing list](#).
- **Share content on social media.** There are so many incredible climate solutions you can share on your social media as a great way to keep climate fixes on the agenda. Connect with us on [Instagram](#), [X](#), [Facebook](#), [Youtube](#), [TikTok](#) and [LinkedIn](#) for daily updates.
- **Have a conversation.** Chatting with your friends and family about climate change, its impacts and its solutions is a powerful way to inspire others to engage. [Here is a guide](#) for how to explain climate and weather (like heatwaves).
- **Email your MP.** Contacting your Member of Parliament will help strengthen the voice for climate action by letting politicians know that Australians are serious about cutting climate pollution. [Check out our handy guide](#) for how you can write an effective letter to your MP.
- **Donate to the Climate Council.** Regular supporters are critical to ensuring our work, pressuring decision makers to take action on climate science and solutions, can continue. So if you haven't already, consider joining us by [becoming a Climate Council Member today](#).

