



A heatwave is a prolonged period of excessive heat and can be a threat to your health and safety.

Heat related illness can result in severe health issues and can be fatal. It is important for you to anticipate and be ready for a heatwave, and to discuss your plan with your family and Resthaven staff members.

In order to keep safe during a heatwave:

- ✓ Drink plenty of water (even if you do not feel thirsty) and avoid alcoholic and caffeinated drinks.
- ✓ Wear light, loose clothes.
- ✓ Where possible, maintain contact with a family member or friend during the day to let them know you are alright.
- ✓ Use air-conditioners and fans wherever possible.
- ✓ Keep strenuous and/or outdoor activities to a minimum or do them in the coolest part of the day (mornings and evenings)
- ✓ Stay indoors and close curtains during the day. Open up your home at night if cooler winds occur.
- ✓ To cool down take cool baths or showers and use ice packs or wet towels.
- ✓ Be aware of the symptoms of heat illness/stress.

In addition we recommend you:

- ✓ Cancel any unnecessary appointments and avoid going out in the heat of the day. However, if your house becomes overly hot, consider visiting public facilities such as shopping centres, cinemas and libraries.
- ✓ Remember that cordless telephones do not work during power outages. Make sure you have alternative means of communication.
- ✓ Consider the safety of your pets and animals. Wet them down and ensure they have adequate shade and water.
- ✓ Stay tuned to a *battery powered* radio for more information, especially if you live in a bushfire prone area.

For up to date warnings and further information on the weather forecast, contact the Bureau of Meteorology on 1300 659 215 or visit the website at www.bom.gov.au

Signs of heat illness/stress:

- Heavy sweating but the skin may be cool, pale, or flushed.
- Weak pulse.
- Body temperature may be normal, but it will likely rise.
- Fainting or dizziness, nausea, vomiting, exhaustion, or headaches may be experienced.

Treatment: if you are feeling under stress or with a person who is heat stressed:

- Lie down in a cool place.
- Loosen or remove clothing.
- Apply cool, wet clothes/ towel.
- Use a fan or move to an air-conditioned place.
- Take sips of water.
- Be sure water is consumed slowly.
- Drink half a glass of cool water every 15 minutes.
- Discontinue water if you feel nauseated.
- Seek immediate medical attention if vomiting occurs.

If you or someone you are with are feeling unwell, contact your local General Practitioner, Doctor's Safety Line or other personal alarm system or telephone:

**Healthdirect Australia
1800 022 222.**

For immediate medical attention, telephone 000.

Disclaimer: the information in this fact sheet is presented in good faith and in general terms only and is not intended to replace professional advice.