

KEEP COOL AT HOME DURING HEATWAVES

Heatwaves are long periods of hot weather. Heatwaves are becoming more common due to climate change. Heatwaves can be dangerous, especially for those aged over 65 and young children and people with medical conditions. Here are some tips to stay safe during heatwaves:

Preparing for a heatwave

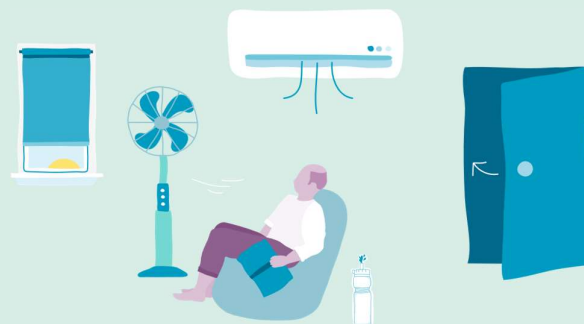
- Check weather forecast so you know when a heatwave is coming
 - Plan any outings for the cooler parts of the day if you can
 - If you are on medication, check with your doctor before going out in the summer heat
 - Make sure you have enough food and medicines so you don't have to go out in the heat
 - Prepare your home by shading west facing windows, cleaning airconditioner filters and making sure you have window coverings.
 - Work out which room stays coolest and move a fan there, and shut the doors to the rest of the house
 - Freeze ice and place wet towels in the fridge
- Plan cool meals – cooking creates heat
 - Know who to contact if you need help, and think about who might need you to check in on them



If you are unwell call Nurse on Call on **1300 60 60 24** or **000** in an emergency.

During a heatwave

- Close blinds and curtains early in the morning, reopen at night
- Use fans or air conditioning: cool just one room in your house to save energy and money
- Plan to go out only during the cooler parts of the day. Use our Keep Cool in Darebin map to plan trips to air conditioned places like libraries and shopping centres.
- Drink plenty of water, even if you're not thirsty. Avoid caffeine and sweet drinks.
- Cool down with wet towels and cool showers
- Wear loose clothing
- Stay inside and move less
- Ensure pets have water and shade
- Never leave children or pets in cars.
- Know who to contact if you need help
- Be a good neighbour – check in on older neighbours to make sure they're ok



Recovering from a heatwave

- Open the doors and windows in your house to allow the cool air in
- Drink extra fluids for three days
- Make sure any food in your fridge is still good
- Check in on friends and neighbours to make sure they're ok
- Think about what worked and what you might do next time



Recognise heat stress

- Heat stress can lead to heat stroke which can be life threatening. If you have a headache, nausea, dizziness, weakness, irritability, thirst, and/or heavy sweating you might have heat stress.
- Stop what you're doing, go to a cool place and lie down
- Drink plenty of water
- Try to cool down with a fan or air conditioner, have a cool shower or spray cool water on your skin
- If you still feel unwell, contact Nurse on Call on 1300 60 60 24 or in an emergency call 000.



For more information go to darebin.vic.gov.au/heatwaves

Thank you to the Department of Health, South Australia for permission to repurpose these materials.