

KEEP *cool* IN DAREBIN

CHRONIC HEALTH CONDITIONS



the place to live

Heatwaves are long periods of hot weather. Heatwaves are becoming more common due to climate change. Heatwaves can be dangerous.

If you or someone you care for has a chronic health condition (e.g. renal, cardiovascular and mental health), or if you take certain medicines, you may be more likely to have health problems when the weather is hot.



Medicines may change how your body responds to hot weather and could mean you do not realise that you are becoming overheated or dehydrated.



Check with your doctor about how much water you should drink when the weather is hot and always carry a bottle of water with you.



Ask your doctor or GP about the medicines you take and how to reduce the risks of health problems during hot weather.



Continue taking your medicines as they have been prescribed by your doctor.



Ask a friend or relative to check in with you every day to see how you are and make sure you have everything you need to stay healthy in the heat, especially if you live alone.



Be alert: A person with a mental health condition or a cognitively-impaired person may not be able to tell you when they are feeling hot or unwell.

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

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.