

# STAYING COOL & HEALTHY

## Staying cool inside

Seek cool places (libraries, community centres, shopping centres) if your home is too hot



Use air-conditioning and fans on the 'cool' setting if available



Stay in the coolest parts of the home with the windows and blinds shut



Sleep with only a sheet in the coolest part of your home; use lightweight cotton bedding



Open up the room as the outside temperature drops



Choose the coolest place in your home for babies or young children to sleep, making sure air can circulate around their bassinette or cot.



Have a cold shower, bath or put your hands/feet in cold water



### If You or someone you know are not coping well:

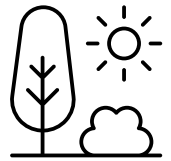
Contact your regular health care provider, or call Healthdirect Australia on 1800 022 222. If you are very sick or experiencing heat stroke, go to your nearest hospital or call 000.

## Stay Informed

Stay up to date with heatwave forecasts and make sure to listen to radio or television weather reports or check the Bureau's (BOM) weather app to plan for hot days.

## Staying cool outside

Limit outdoor time; if necessary, go out in the early morning or late evening



Wear lightweight, light-coloured, and loose-fitting clothing that covers as much skin as possible

Use a wide-brimmed hat, sunglasses, and apply sunscreen; try to stay in the shade

Eat small meals during hot weather and eat more often if able



Seek cool places, including what your local government offers

Avoid taking babies or young children out in the hottest part of the day. If you need to go outside, try to do so in the early morning or late evening



If you use a wheelchair, walker, or any other metal equipment, keep it in the shade as it can quickly become hot to touch and may cause a burn

## Drink plenty of fluids

Drink plenty of fluids regularly throughout the day – this includes water, diluted juice (mixed with water) and low sugar sports drinks.

**If you are pregnant you are more likely to become dehydrated, so keep your fluids up.**

Avoid drinks containing caffeine such as coffee and tea.

## REGOGNISING HEAT RELATED ILLNESS

### Watch out for

#### Dehydration:

**Symptoms:** Thirst, dry mouth, dark urine.

**Treatment:** Move to a cool area, remove excess clothing, and drink water.

#### Heat Stress:

**Symptoms:** Pale skin, excessive or no sweating, dark urine.

**Treatment:** Lie in a cool area, remove excess clothing, apply wet cloths or icepacks (focus on armpits and groin), and drink water. Call 000 if symptoms worsen.

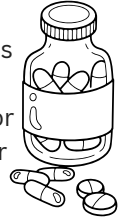
#### Heat Stroke:

**Symptoms:** Confusion, incoherent speech, abnormal walking, coma, or seizures.

**Emergency: This is life-threatening; immediately call 000.**

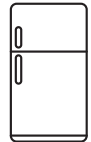
## PREPARE

If you take prescription medicines, you must continue to take these during periods of extreme heat and take care to keep medications cool. Consult with your doctor if you have any questions relevant to your medications.



Arrange a small emergency kit in case of a power outage. This should include a torch and batteries, and a first aid kit.

Check that your fridge and freezer are working to reduce the risk of food poisoning and keep items cool.



## Stay in contact

Know who you can call for help

Arrange for a friend or relative to check in with you

Encourage people to support others during hot weather by spreading heat safe messages

Stay in contact with your GP if you have a health condition or are pregnant