

# Heat Smart

Be safe during extreme heat in Western Sydney



**Extreme heat is dangerous and can affect anyone, even fit and healthy people.**

**Those most at risk include people:**



**65 YEARS AND OVER**



**LIVING ALONE**



**LIVING WITH A DISABILITY**



**UNABLE TO CARE FOR THEMSELVES**



**WITH A MEDICAL CONDITION \***

\* e.g. diabetes, heart disease or a mental illness.

## Start of summer

### AT YOUR HOME



Check fridges, air conditioners and fans work, and are set to cool.



Keep the heat out:

- Install curtains or blinds
- Put up shade cloth or awnings.



Find a cool place to visit if home gets too hot (for example a shopping centre).

### FOR YOUR HEALTH



Ask your doctor if heat increases your health risk. Follow their advice.



Wear a hat and sunscreen outside.

Know who you can call for help.  
Have light, loose clothes to wear (cotton or linen are best).

**Western Sydney has regular heatwaves during summer.**

Having a plan and being prepared is key to staying safe during extreme heat.



**Health**  
Western Sydney  
Local Health District

# Before a heatwave

## AT YOUR HOME



Check the weather regularly.



Plan cool meals.  
Cooking heats your home.



Buy enough food and medicine for the heatwave period.



Create a 'cool room' at home:

- close doors to other rooms
- seal gaps under doors
- cover windows
- move fans and other items to this space.



Freeze ice and place wet towels in the fridge.

Prepare an emergency kit in case of power outages.

## FOR YOUR HEALTH



- Plan to avoid the heat:
- be in a cool place
  - move activities to cooler times
  - cancel activities if necessary.



Plan to check on family, friends and neighbours.

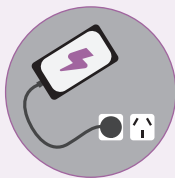
Follow doctor's advice if you have medical conditions.

# During a heatwave

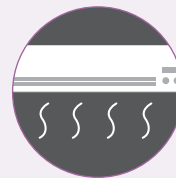
## AT YOUR HOME



Close doors, windows and blinds early in the morning.



Keep your mobile phone charged.



Use fans and air-conditioning, or visit a cool place.



Ensure pets have water and shade.

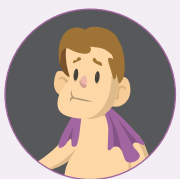
Listen and act on emergency warnings.

Check on neighbours, relatives and friends.

Stay in the coolest room in your home.

In a power outage, move food and medicine to your cooler box.

## FOR YOUR HEALTH



- Cool down with:
- wet towels or washers
  - cool showers
  - wet the skin



Wear light, loose clothing.

Avoid layers such as cardigans, undershirts or stockings.



Drink plenty of water (even if you don't feel thirsty) or follow doctor's advice.

Avoid alcohol, coffee, tea and sweet drinks – they make dehydration worse.

Stay inside and move less.



If you feel unwell  
contact your doctor.  
In an emergency call 000.



## After a heatwave

### AT YOUR HOME



If cooler outside, open doors and windows.



If there was a black-out, check the fridge for bad food.

### FOR YOUR HEALTH



Many people become sick after heatwaves. If you feel unwell call your doctor.

Think about the past few days – What worked? What didn't?

## Blackout emergency kit

Power outages are common during heatwaves. Prepare an emergency kit:



**LIST OF KEY PHONE NUMBERS**



**TORCH AND BATTERIES**



**10 LITRES OF WATER PER PERSON**

Power outages can disrupt water supply.



**BATTERY-POWERED AM/FM RADIO**



**COOLER BOX AND ICE**



**FIRST-AID KIT**



**POWERPACK TO CHARGE YOUR MOBILE PHONE**



### FURTHER INFORMATION

Health Direct 24 hour helpline: 1800 022 222

Emergency warnings: ABC Radio Sydney 702 AM

Advice on preparing for emergencies:  
[www.redcross.org.au/prepare](http://www.redcross.org.au/prepare)

Help paying energy bills:  
13 77 88 or [www.energysaver.nsw.gov.au](http://www.energysaver.nsw.gov.au)

Heat Smart Western Sydney has been funded under the State Government Natural Disaster Resilience Program.