

Emergency contact details

Where to get help

If you are unwell, contact your doctor or the Medicare Urgent Care Centre.

Urgent Care Triage Line 1800 371 372

 **In an emergency, call 000 for an ambulance.**

More information

Visit the City of Parramatta website for more information about heatwaves and other emergencies:

cityofparramatta.nsw.gov.au/summer-heat



NSW Health

health.nsw.gov.au/environment/beattheheat

City of Parramatta

9806 5050



www.redcross.org.au/prepare

Bureau of Meteorology

www.bom.gov.au/australia/heatwave/

WSROC Heat Smart

wsroc.com.au/heat-smart-western-sydney-community



City of Parramatta developed this leaflet from an original version by Willoughby City Council.

Do you know how to beat the heat?

Tell us how prepared you are by completing this short survey and have a chance to **win one of three \$100 eGift Cards!**

Scan the QR code or visit the URL below to start the survey: qrco.de/heatsurvey



Checklist

Who will you call for help during a heatwave?

Name:









Phone number:

Who will you check on during a heatwave to make sure they are okay?

Name:

Phone number:

Do you have:

- ☐  A torch
- ☐  A radio
- ☐  Spare batteries
- ☐  Cold water to drink & reusable drink bottle
- ☐  Ice in the freezer
- ☐  Fans
- ☐  Cool gel pack (keep in your fridge so it is ready on hot days)
- ☐  Any medication and health support



Get ready for extreme heat

Extreme heat can lead to illness. Watch for signs and symptoms:

-  Dizziness
-  Headache
-  Very thirsty
-  Fainting
-  Confusion
-  Nausea or vomiting









How to stay safe in extreme heat

Know the risks of extreme heat








Some people are more at risk than others of becoming sick on hot days.

You can help by checking in on your vulnerable family members, friends and neighbours during heatwaves, especially if they are living alone.

People who are more at risk include:

-  Babies and children
-  Older people
-  People with existing illnesses
-  Pregnant women

Prepare now for extreme heat

-  Check your air conditioners and fans
-  Install blinds or curtains to cover your windows
-  Have ice cubes in the freezer
-  Prepare an emergency kit in case of power failure: torch, batteries, radio, etc
-  Talk to your doctor about whether your medical condition will be affected by heat
-  Prepare a plan - Know who to call for help and make a list of people and phone numbers
-  Check your pets have plenty of water and check for signs of heat stress



Note that power and water supplies may be interrupted during a heatwave.

Ensure that:

1. Your phone is fully charged
2. You can manually open your garage door without electricity
3. You have access to your car and that it has fuel if you need to go to a cool centre

Stay cool on hot days



Stay hydrated

1. Drink lots of water regularly even if you don't feel thirsty
2. Avoid alcohol and sugary drinks



Keep your body cool

1. Have a cool shower
2. Wear light-coloured loose clothing
3. Put wet towels or cool packs on your arms or neck
4. Stay out of the sun during the hottest times of the day 11am – 5pm. Avoid exercise or strenuous work during this time



Keep your home cool

1. Close your doors, windows and blinds during the day.
2. Open your windows at night to let cool air in

Is your home too hot? Find a cool place

1. Your local library
2. Local swimming pool
3. Lake Parramatta
4. The house of a friend or family member
5. Publicly accessible buildings with air-conditioning, like a shopping centre
6. Local park with trees, shade, and water