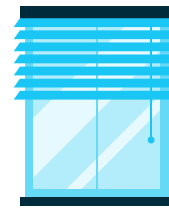


Prepare for extreme weather

Heatwaves and power failures

- Stock up on water and groceries, especially food that does not require refrigeration or cooking.
- Stock up on medicines and store medicines safely at the recommended temperature.
- Visit your doctor to check if changes are needed to your medicines during extreme heat.
- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if needed.
- Try and make your home cooler by installing window coverings, shade cloths or external blinds. For a low cost option, hang a blanket or dark sheet inside covering your windows.
- Plan activities for the coolest part of the day or plan them for another day.
- If you must go out, wear a hat and sunscreen and take water with you.
- Ensure you have a torch, fully charged mobile phone, a battery operated radio and some spare batteries.
- If you have a baby that you are feeding expressed breastmilk or formula, prepare an emergency feeding kit in the event you are without power or clean water.



Heat-related illness

Are you or someone you know at risk?

People are at greater risk of heat-related illness if they:

- Are aged over 65 years, especially those living alone
- Have a medical condition such as diabetes, kidney disease or mental illness
- Are taking medications that may affect the way the body reacts to heat like allergy medicines (antihistamines), blood pressure and heart medicines (beta-blockers), seizure medicines (anticonvulsants), water pills (diuretics), antidepressants or antipsychotics
- Use alcohol or drugs
- Have a disability
- Have trouble moving around such as those who are in wheelchairs
- Are pregnant women or breastfeeding
- Babies and young children
- Are overweight or obese
- Work or exercise outdoors
- Have recently arrived from cooler climates

	Symptoms	What to do
Heat cramps	Muscle pains Spasms in the abdomen, arms or legs	Sit quietly in a cool place Drink cool water Rest a few hours before returning to activity See a doctor if cramps persist
Heat exhaustion	Pale complexion and sweating Rapid heart rate Muscle cramps, weakness Dizziness, headache Nausea, vomiting Fainting	Go to a cool area and lie down Use a fan if possible Drink cool water if not vomiting Remove outer clothing Wet skin with cool water or wet clothes See a doctor
Heatstroke THIS IS A LIFE THREATENING EMERGENCY	Same symptoms as heat exhaustion except sweating stops Mental condition worsens, e.g. confusion Seizure Stroke-like symptoms or collapsing Unconsciousness	Call an ambulance - phone 000 Get the person to a cool area and lay them down Remove clothing Wet skin with water, fanning continuously Position an unconscious person on their side and clear their airway