



**What is in this pack?**



# Information for you

It is from Knox City Council.



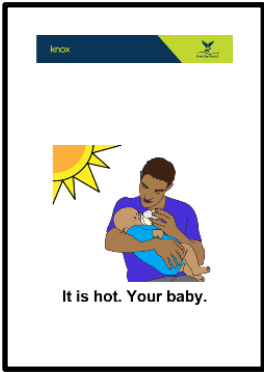
It will be hot. Plan what you can do.



It is hot. Who can get sick?



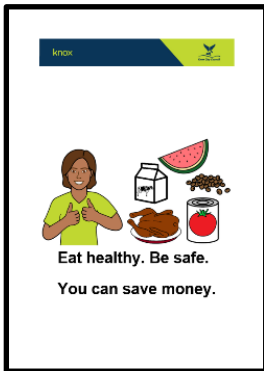
It is hot. You can get sick. What can you do?



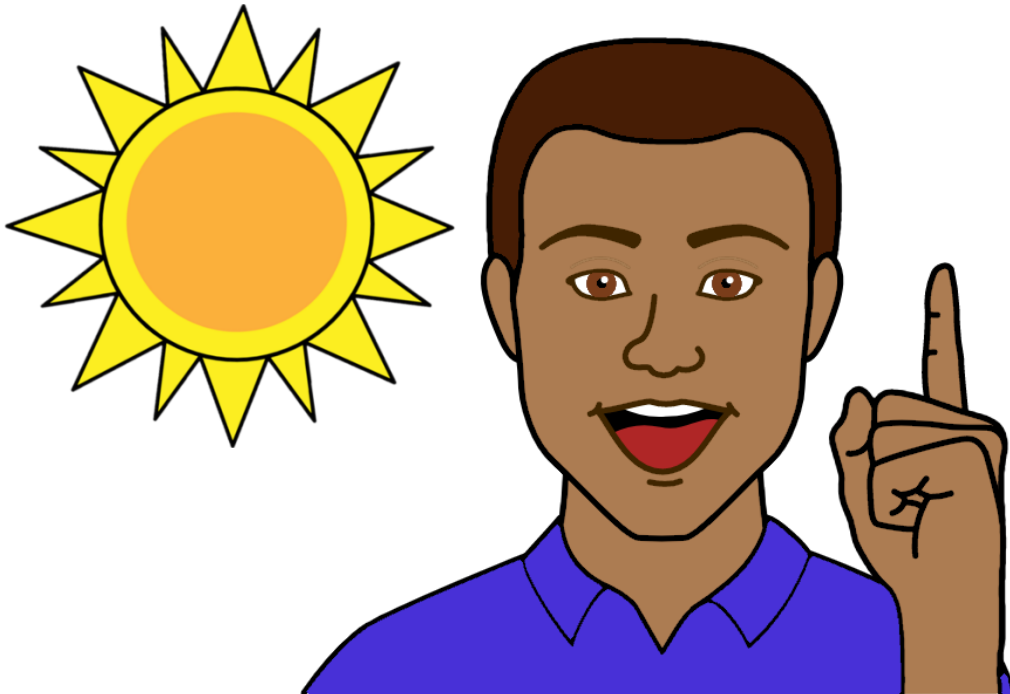
It is hot. Your baby.



It is hot. Look after your food.



Eat healthy. Be safe. You can save money.



**It will be hot.**

**Plan what you can do.**

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It may get very hot. It is very hot for lots of days.

It is day after day. It may be hot at night.

We call it a heat wave.



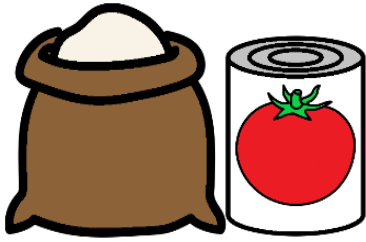
Heat can be bad for you.

It can make you sick.

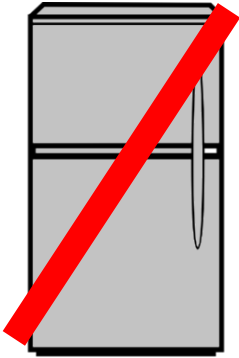


Here are some things you can do now.

You will be ready for hot days.



## Food



The power may go off. You

- can **not** use your fridge
- can **not** use your freezer
- can **not** use your stove
- can **not** use your microwave.



You need food you keep in the cupboard. Like

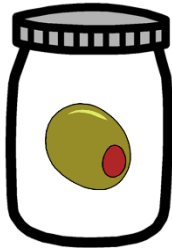
- tins of food
- dried fruit. It may be apricots.



The power is off.

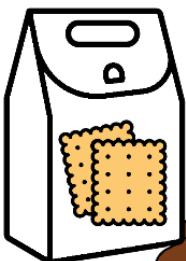
You need food

- you do **not** need to cook
- you can eat cold.



You can get food like

- tins of corn
- tins of fish
- jar of olives.



You can get

- crackers
- nuts
- dried fruit. Like dates.





## Water to drink



Most days you drink about 2.5 litres of water.

It is

- 2 **big** bottles

**and**

- half a **big** bottle.



On hot days you need to drink more.

Like 3 litres of water.

It is 3 **big** bottles.



The power may go off.

You may **not** have clean water.



You need water in bottles.

You need 4 litres for each person.

It is the same as 4 **big** bottles.

It will last 1 day.

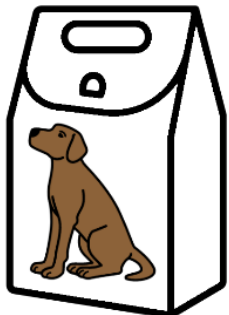


## More things you may need



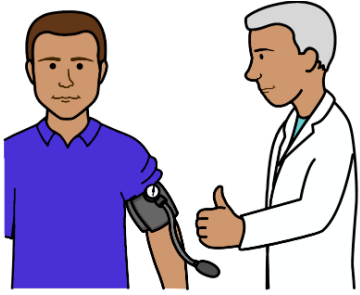
You need things for your baby. Like

- milk powder
- baby food
- nappies.



You need food for your pets.

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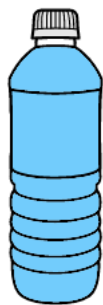


## Your body



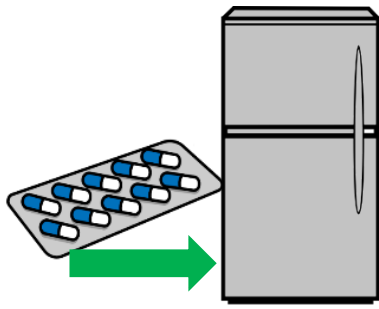
See your doctor. Ask what the heat will do to

- your body
- your medicine. Like pills you take.



Your doctor will tell you what you need. Like

- drink more water
- change your pills.



Your pills may need to be cool.

You put them in the fridge. Ask your

- doctor

**or**

- chemist.



The power goes out. You can **not** use your fridge.

**Read**

It is hot. Look after your food.



Check you have the medicine you need.

It may be

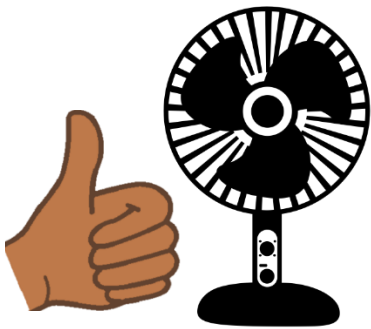
- your puffer

- your pills.



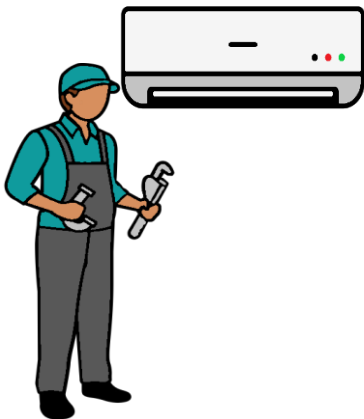
## Your home

Things to help keep your home cool.



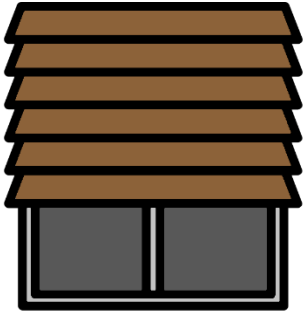
Check things work. Like the

- fan
- air conditioner.



You may need a person to check your air conditioner. They check it

- works well
- is safe
- does **not** waste power.

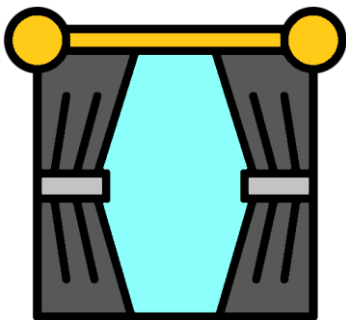


Get out side covers for your windows.

You pull them down on hot days.

They keep the heat out. You can get

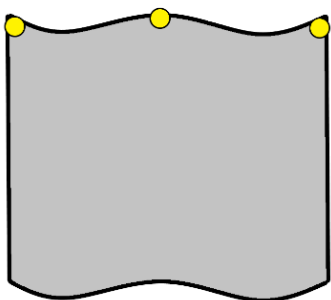
- blinds
- shade cloth.



In side you can get

- curtains
- blinds.

You close them on hot days.

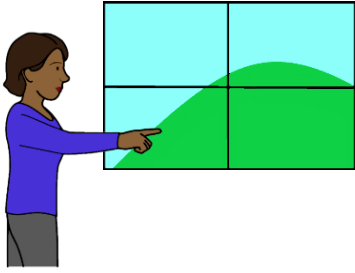


In side you can use a

- blanket
- dark sheet.

You hang them over your windows.





**You want to go out**



You want to do things out side. Like

- walk the dog
- work in the garden
- play sport.

**Or**



You must go out. Like you must

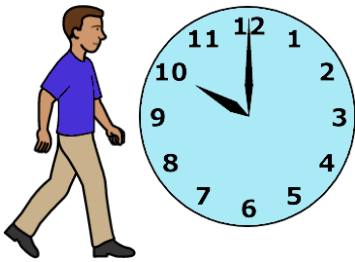
- go to work
- see the doctor.



You may

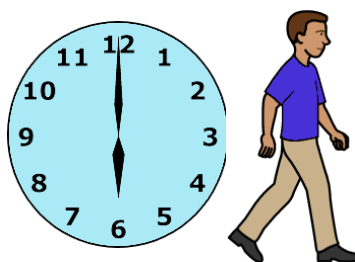
- get sun burn
- get sick.

You can do things to stay well.

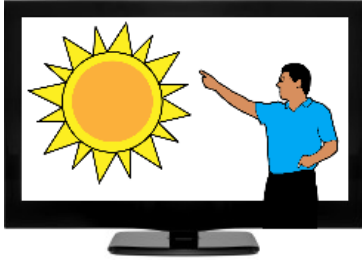


Plan to go out when it is cool.

It may be before 10 in the morning.



It may be after 6 in the evening.



You can check the weather. It is

- on the TV news
- on the radio
- in the news paper
- on your phone. It is an app.

Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

It may be very hot on

- Monday
- Tuesday.

You plan to stay home. Wednesday is cool.

You plan to go out on Wednesday.



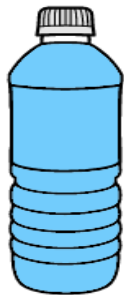
Wear

- a hat
- sunscreen.



Wear summer clothes.

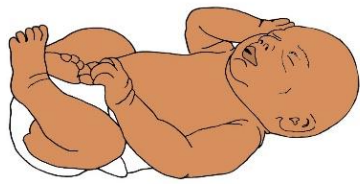
It covers your arms.



Take water with you.

Sip water every 20 minutes.

It is the same as 3 times each hour.



## Your baby



You have a baby.

You use milk in a bottle.

**Or**

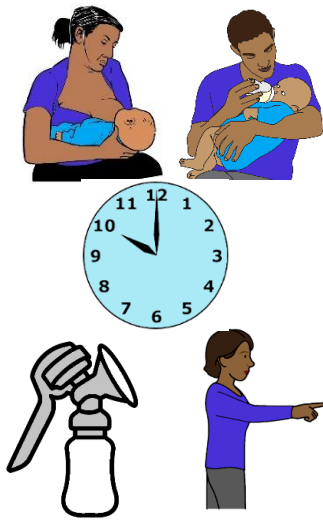
You use a pump for breast milk.



Check you have the things you need. Like

- breast pump bits
- milk powder
- bottles
- teats.

## Images



We can use these images. They are from

- Change People
- Inspired Services
- Picto Selector
- The Noun Project
- Tobii-Dynavox.

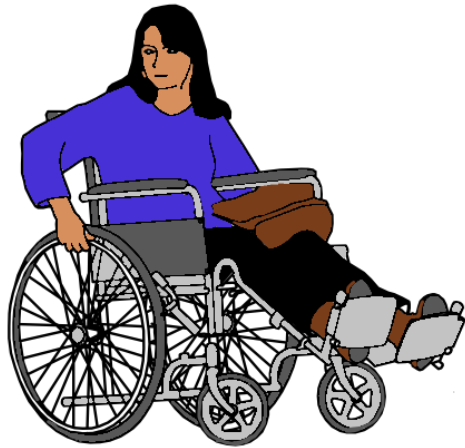


This fact sheet is based on information in the Knox City Council **Prepare for Extreme Weather** and **Eating in Extreme Weather**.



Access Easy English wrote the Easy English.

October 2023.

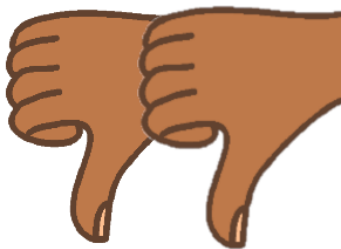


**It is hot.**

**Who can get sick?**



Hot weather can make you sick.



It can be very bad. You can die.



### Read

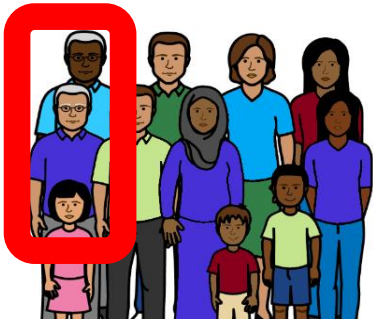
It is hot. You can get sick. What can you do?





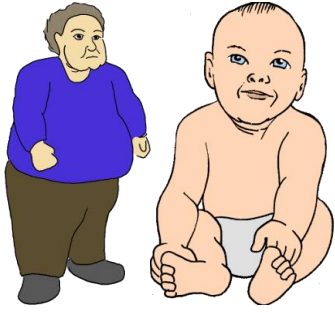
You can get sick.

**But**

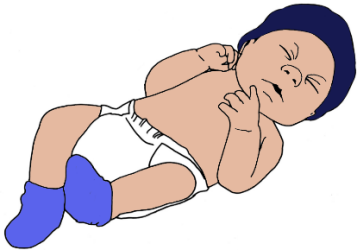


Some people

- get sick fast
- get very sick. It is more than other people.



## Who can get sick fast?



Young children. Like a

- baby
- young child. They may be 2 years old.



You are having a baby.

Or



You breast feed.



You are more than 65 years old.

You may live by yourself.



You are fat.

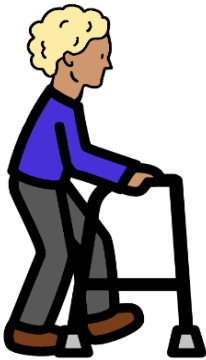


You spend a lot of time out side. It may be for

- work
- sport.



**Other people who get sick fast**



You have a disability. You may use a

- walker
- cane
- wheel chair.

**Or**



It may be hard to

- hear
- see
- remember things.

Or



You drink lots of

- beer
- wine
- mixed drinks.

Or



You take drugs.

They are **not** from your doctor.

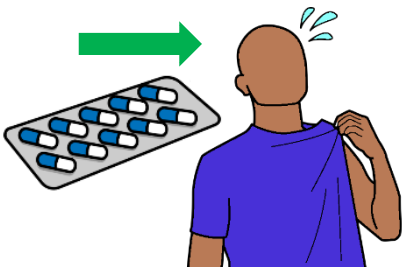


**Other people who get sick fast**



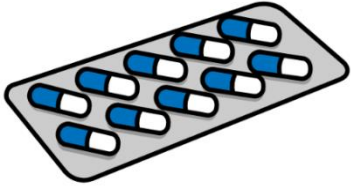
You are sick. Like you have a problem with

- your heart
- your lungs
- or**
- your brain.



You take pills. They are from your doctor.

Some pills can make you feel very hot.



It may be pills

- for an allergy. Like hay fever
- for fits. You may call them seizures
- to help you pee
- to help your heart slow down.



It can be pills for your mental health.

Or



You may be new to Australia.

You came from a cold place.

Like a place where it snows.

You are **not** used to the heat.

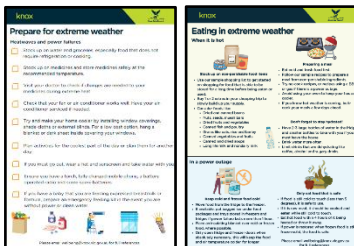
You may **not** know how to stay cool.

## Images

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- The Noun Project
- Tobii-Dynavox.



This fact sheet is based on Knox City Council resources: **Prepare for Extreme Weather** and **Eating in Extreme Weather**.



Access  
Easy English

Access Easy English wrote the Easy English.

October 2023.





**It is hot. You can get sick.**

**What can you do?**

Blank page



Hot weather can make you sick.

You can get heat stroke. It is very bad.

You can die.



It is things like

1. Your body hurts.
2. You feel sick.
3. Heat stroke.



**Read**

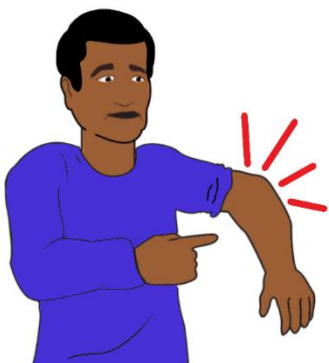
It is hot. Who can get sick?



## 1. Your body hurts



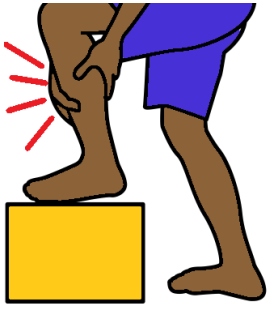
Your muscles hurt.



Your body may have short sharp movements.

You can **not** stop them. We call it a

- twitch
- spasm.



It may be in your

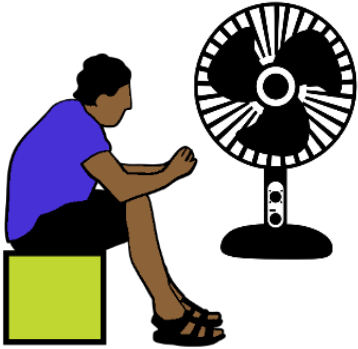
- legs
- arms
- tummy.



We call this heat cramps.

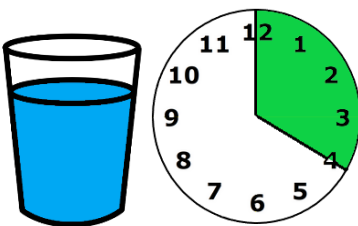


## What you can do?



Sit in a cool place. Like

- near a fan
- in air conditioning
- in the shade.



Drink cool water.

Drink 1 cup. It is the same as 250 ml.

Do this each 20 minutes.



It is the same as 3 cups each hour.



Rest. Wait 1 hour.



You wait 1 hour. You do **not** feel better.

Or

Sun	Mon	Tue	Wed	Thur	Fri	Sat
✗	✗	✗	✗	✗		

Your body hurts again. It is each day it is hot.



See your doctor.



## 2. You feel sick

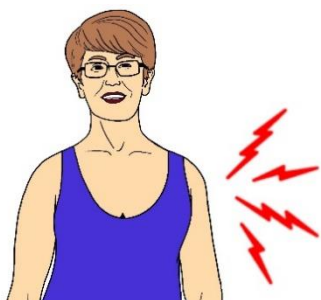


You may

- be dizzy
- look pale
- sweat a lot.

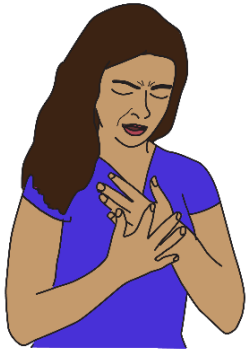


You may have a head ache.



Your body hurts. You get cramps. You feel weak.



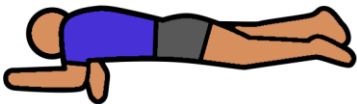


Your heart may be very fast. You can feel it.



You may feel sick in the tummy.

You may throw up.



You may faint. You are **not** awake.



We call this heat exhaustion.



## What you can do



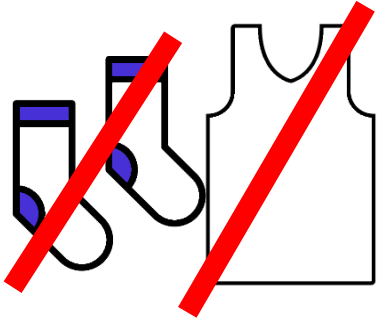
You throw up. You think you will throw up again.



Do **not** drink water. Wait to feel better.



See your doctor.



You are at home. Take off your clothes.

It helps you cool down.



You are **not** at home.

You can **not** take off your clothes.

You can wet your clothes.



You can take off some clothes. Like your shoes.

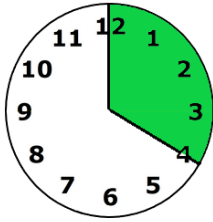


Lie down. Stay cool with a

- air conditioner



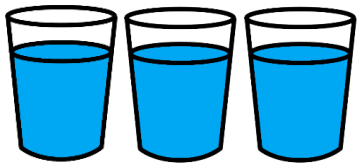
- fan.



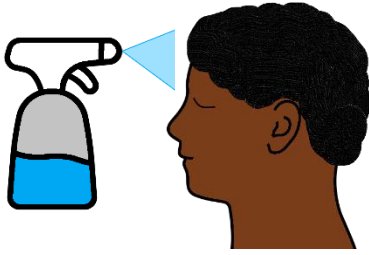
Drink cool water.

Drink 1 cup. It is the same as 250 ml.

Do this each 20 minutes.



It is the same as 3 cups each hour.



Wet your skin. You can use

- cool water
- a cool wet cloth.



You wait 1 hour.

You still feel bad. You do **not** feel better.

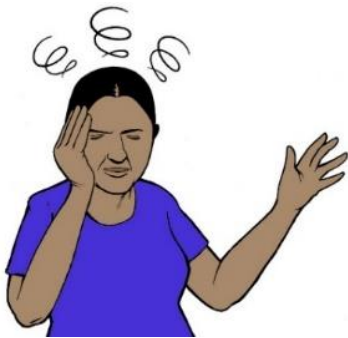


See your doctor.



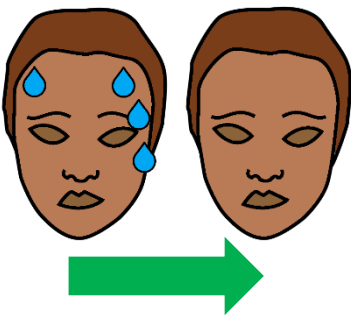
### 3.Heat stroke

Heat stroke can kill you. You must act fast.

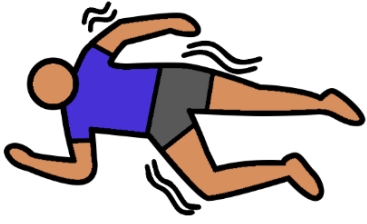


You may feel

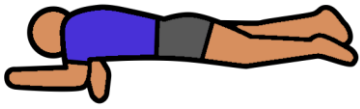
- sick
- dizzy
- confused. You can **not** think.



Your sweat may stop.



You may fall down. You may have fits.



You may faint. You are **not** awake.



## What you must do

You are with a person. They have heat stroke.



Call **000**. Ask for an ambulance.



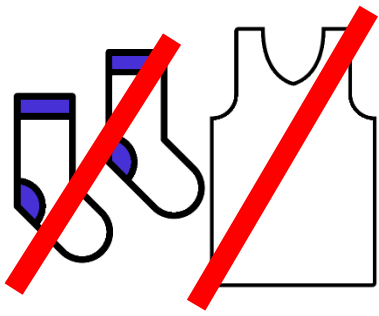
Move the person to a cool place. Like



- in air conditioning
- in the shade
- where there is a breeze.

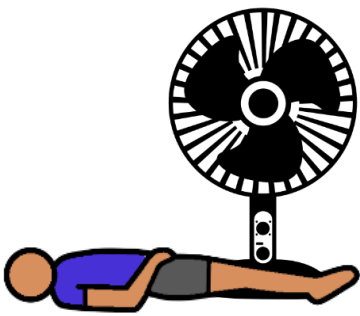
Help them lie down.





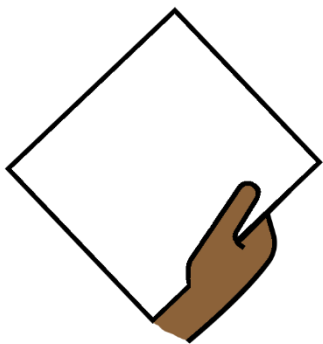
Help them take off some clothes. Like their

- socks
- singlet
- shirt
- long pants.



Cool them with a fan.

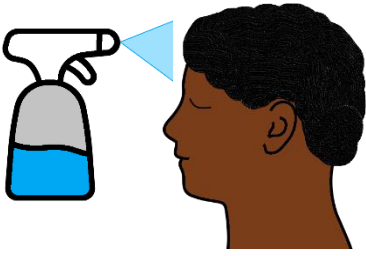
Or



Fan them with

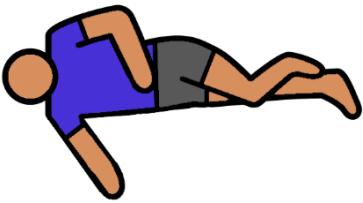
- paper
- cardboard
- a piece of clothing.

Do **not** stop.



Wet their skin. You can use

- cool water
- a cool wet cloth.



They are **not** awake. Lie them on their side.

Check they can breathe.



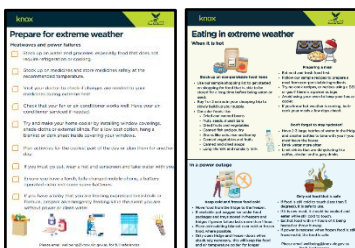
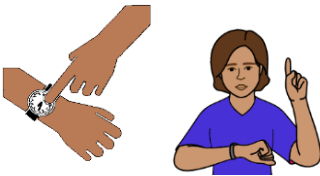
Wait for the ambulance.

## Images



We can use these images. They are from

- Change People
- The Noun Project
- Picto Selector
- Tobii-Dynavox.



This fact sheet is based on information from Knox City Council. Prepare for Extreme Weather.

knox



**It is hot. Your baby.**

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It is hot. You must keep your baby

- fed
- cool
- safe.

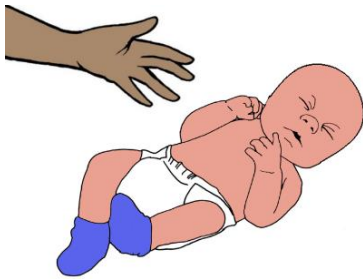


Your baby can get sick.

It can be very fast.



## How to keep your baby cool

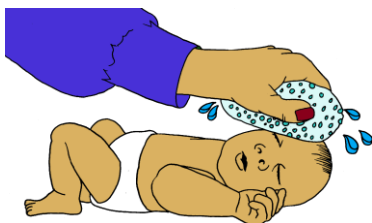


Touch your baby. Their skin feels hot.



Give them a bath. Use cool water.

Do it any time they feel hot.



You can wipe them with a cool wet

- cloth
- sponge.



Your baby is **more** than 6 months old.



You can use a water spray.



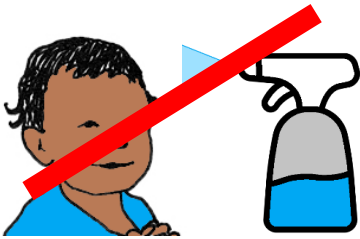
You can spray on their

- back
- arms
- legs
- tummy.





You can spray on their head.



Do **not** spray in their face.

Blank ½ page



Your baby is young.

They are **less** than 7 months old.

You feed them with

- a bottle
- your breast.

They do **not** eat food.



They do **not** need water.

**But**

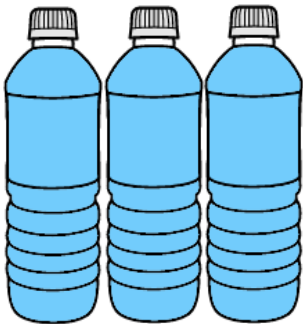
They need more feeds.

They may drink less milk at each feed.





**You breast feed**



Drink 3 litres of water each hot day.

It is the same as 3 **big** bottles.



You are breast feeding.



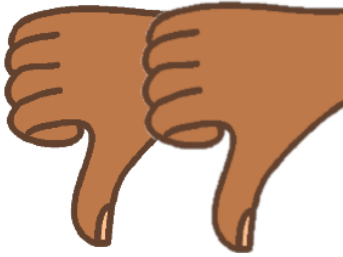
You need to drink water each time.

Drink 250 ml. It is the same as 1 cup.



You hold your baby to feed them. It is very hot.

You feel hot. Your baby is hot.



You do **not** feel good.

Your baby does **not** feel good.



Wet a cloth with cool water.



Put it in your elbow.

Put it between you and your baby.

**Or**



Put a cloth between you and your baby. Like a

- clean cloth nappy
- pillow case
- baby wrap.

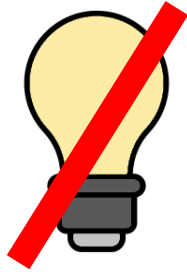
**Or**



You can lie down. You lie on your side.

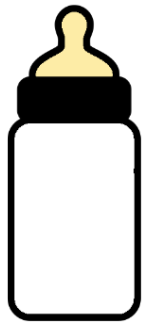
Your baby lies in front of you.

Blank page

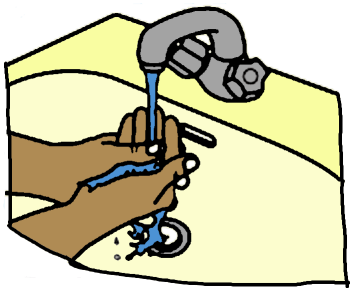


## The power is off

You may **not** have clean water.



You feed your baby with a bottle.



You need water to

- wash your hands
- wash bottles
- make baby formula.



Each person needs 4 litres each day.

It is the same as 4 **big** bottles.



Get this water now.

Use it when you do **not** have clean water.

Blank ½ page

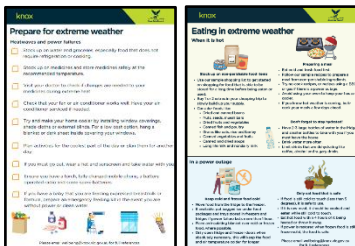


## Images

We can use these images. They are from



- Change People
- Inspired Services
- The Noun Project
- Picto Selector.



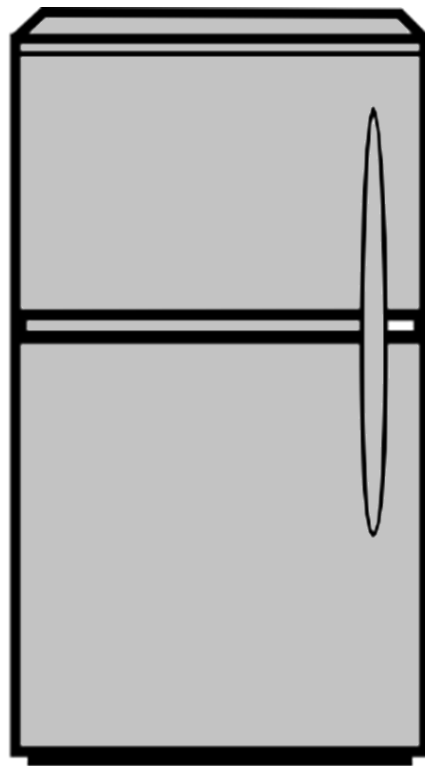
This fact sheet is based on Knox City Council resources: **Prepare for Extreme Weather** and **Eating in Extreme Weather**.



Access  
Easy English

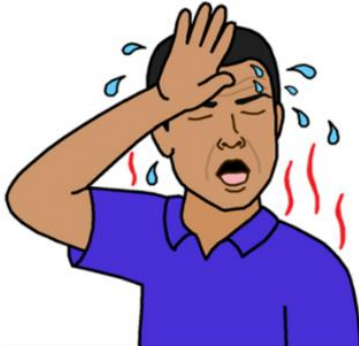
Access Easy English wrote the Easy English.

October 2023.

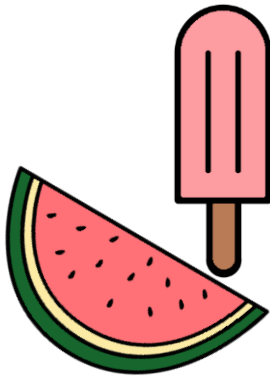


**It is hot.**

**Look after your food.**



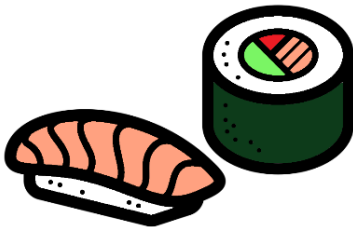
It is hot.



Some food can help you stay cool.

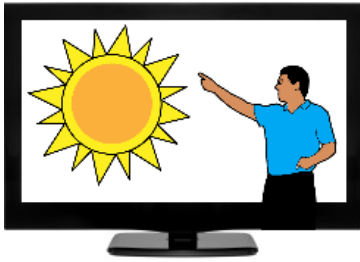
Eat food that is

- cold. Like an icy pole.
- fresh from your fridge. Like fruit.



Eat food you do **not** have to cook. Like

- sushi
- salad
- rice paper roll
- sandwich.



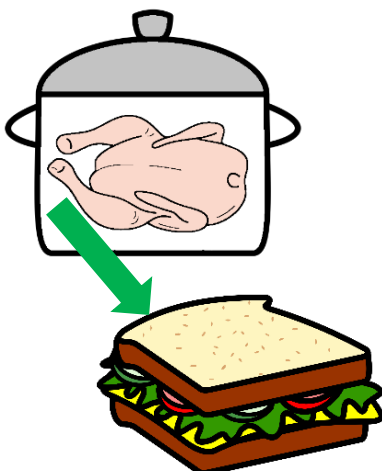
You can check when it will get hot. You check

- the TV news
- the radio
- the news paper
- your phone. It is an app.

Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

It is **not** hot yet. You know it will get hot

- the next day
- in 2 days.



You can cook food now. You can eat it cold later.

Like today you cook a chicken.

The next day you have a sandwich.

You put the cold chicken in it.



## Water to drink

We need **more** water when it is hot.



Most days you drink about 2.5 litres of water.

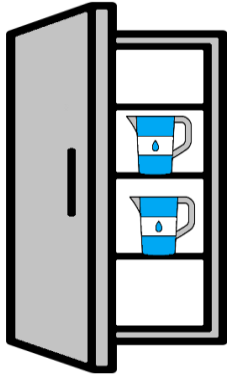
It is

- 2 **big** bottles
- and
- half a **big** bottle.



On hot days you need to drink more.

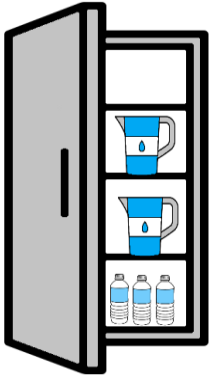
Like 3 litres of water.



Keep 2 jugs of water in the fridge.

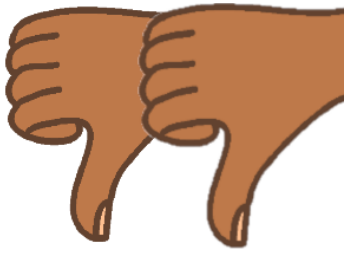
You have cool water ready.

You have a drink. Fill them up.



Keep bottles of water in the fridge.

Take them when you go out.



Some drinks are **not** good in hot weather.

They do **not** help you stay well.

They make your body dry.



It is drinks like

- coffee
- soft drink
- cola



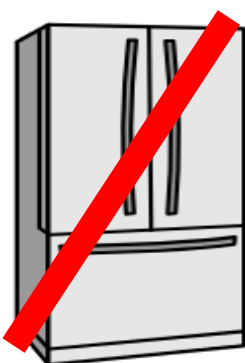
Other drinks **not** good in hot weather are

- beer
- wine
- mixed drinks.



## The power may go off

How to get ready. You can plan now.



You can **not** use your fridge.

You can **not** use your freezer.

You can **not** use your stove.

You can **not** use your microwave.

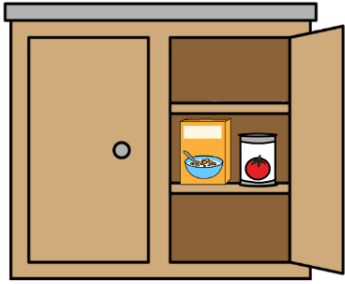


You may have a

- BBQ
- gas stove. It is in your house.
- out door gas stove. It is for camping.

You can cook with them.





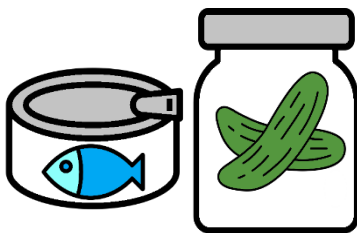
You need food you keep in the cupboard.

It does **not** need to stay cold.



You need food

- you do **not** need to cook
- you can eat cold.

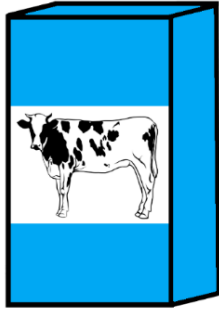


It may be food like

- fish in a tin
- pickles in a jar



- dried fruit
- muesli bars.



You can get long life milk. It lasts a long time.

It may be

- cows milk
- soy milk.

It is **not** open. You keep it in the cupboard.

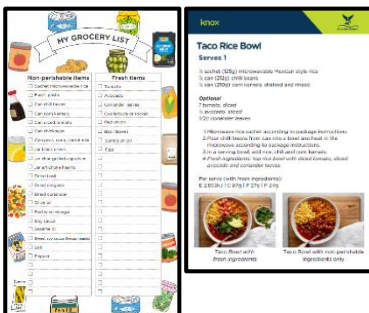
You open the milk. Now it goes in the fridge.



This may be a lot of food for you.

You do **not** need to get it all now.

Get a few things each time you shop.

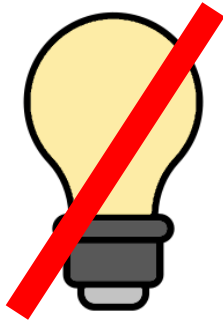


### Read

My grocery list. Knox City Council recipes.

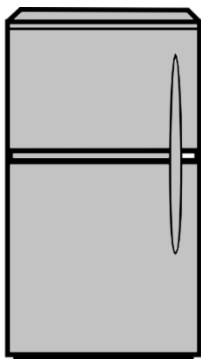
They help you plan

- what food to buy
- what to make with it.



## The power is off

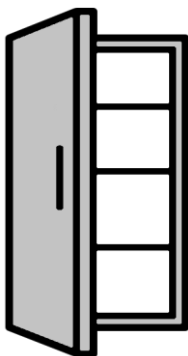
How to look after your cold food.



Keep the doors shut on your

- fridge
- freezer.

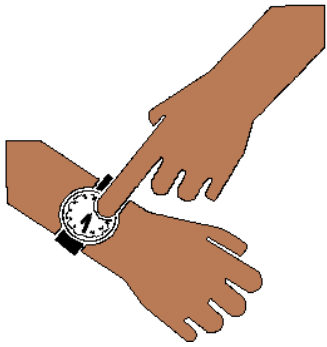
This keeps it cold in side.



You may need to open the fridge. You need

- your pills
- food for your baby.

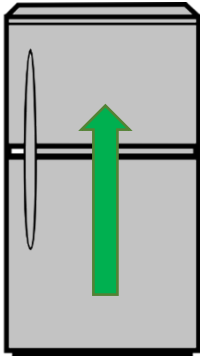
That is OK. You can open the door.



You know how long the power will be off.

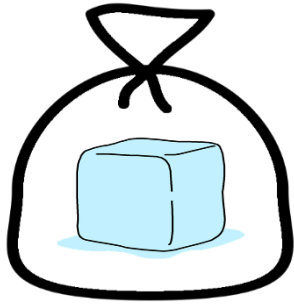
It is more than 1 hour. Like

- 2 hours
  - all day
  - all day
- and**
- all night.

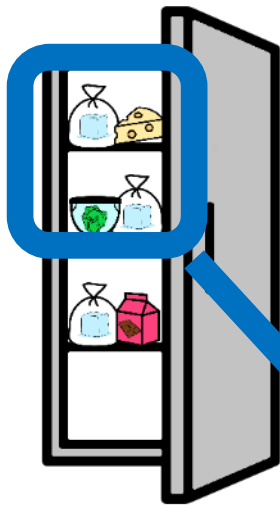


Take cold food from the fridge.

Put it in the freezer. It stays cold for more time.



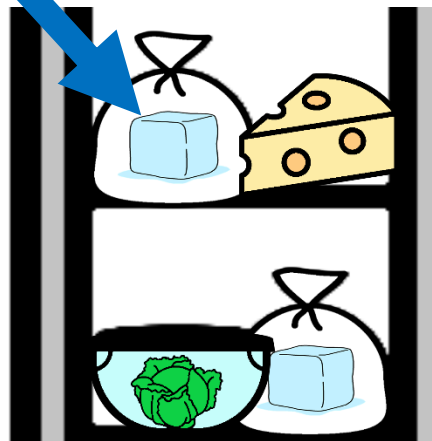
Get bags of ice.



Put it around food in the

- fridge
- freezer.

It keeps the food cold.



Blank page

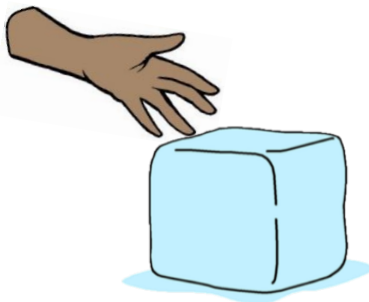


## Is your food still good?

The power is off. Your food may still be OK to eat.



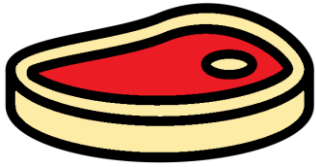
Touch the food.



It feels cold. It is less than 5 degrees.

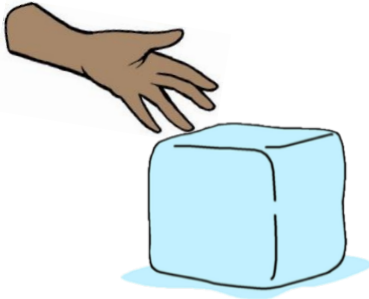


It is safe to eat.

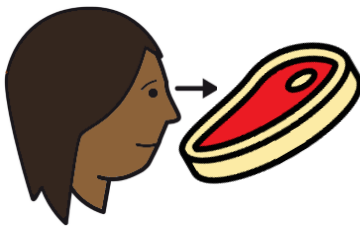


It is raw. It is **not** cooked. Like

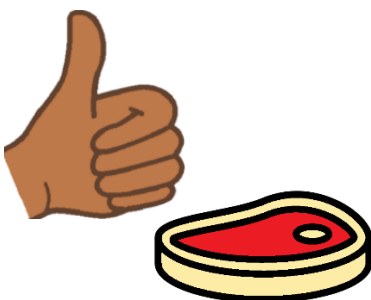
- meat
- chicken.



It feels cold. It is less than 5 degrees.



It looks OK. It smells OK. It does **not** smell bad.

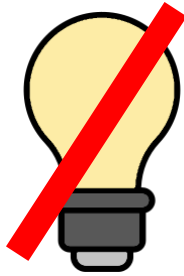


It is safe to cook.





You have hot food.



The power goes off. Your food is still hot.

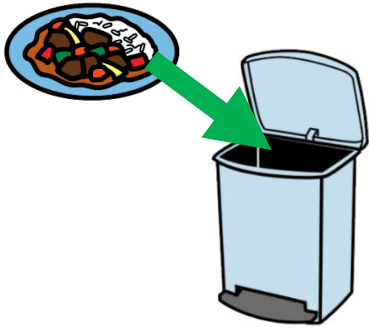


Your food cools. It is safe to eat.

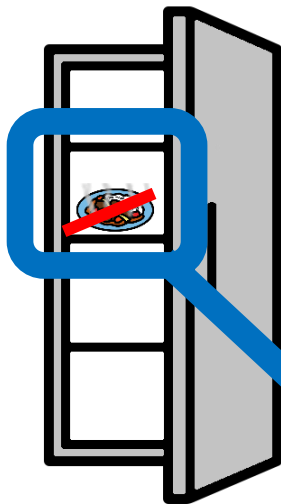
It is safe for 4 hours. Like

The power went off at 4 in the afternoon.

It is 8 at night now.

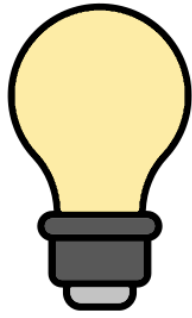


You did **not** eat this food.  
It is **more** than 4 hours.  
You must throw it away.



Do **not** put hot food in the fridge.  
It makes the fridge hot in side.  
All your food will go bad.





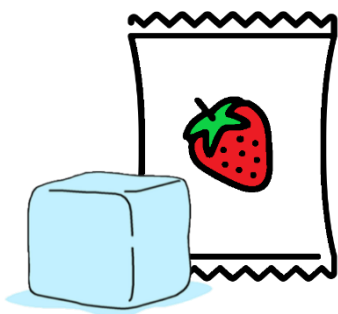
## The power is back on



Check your fridge food. It is

- cold to touch
- less than 5 degrees?

It is still good. You do **not** throw it away.



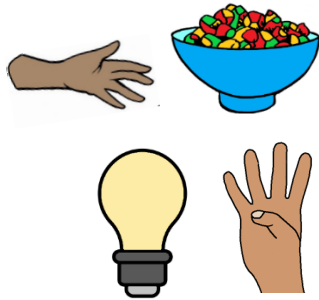
Check your freezer food. Is it

- frozen
- feels hard
- very cold to touch?

It is still good. You do **not** throw it away.

## Images

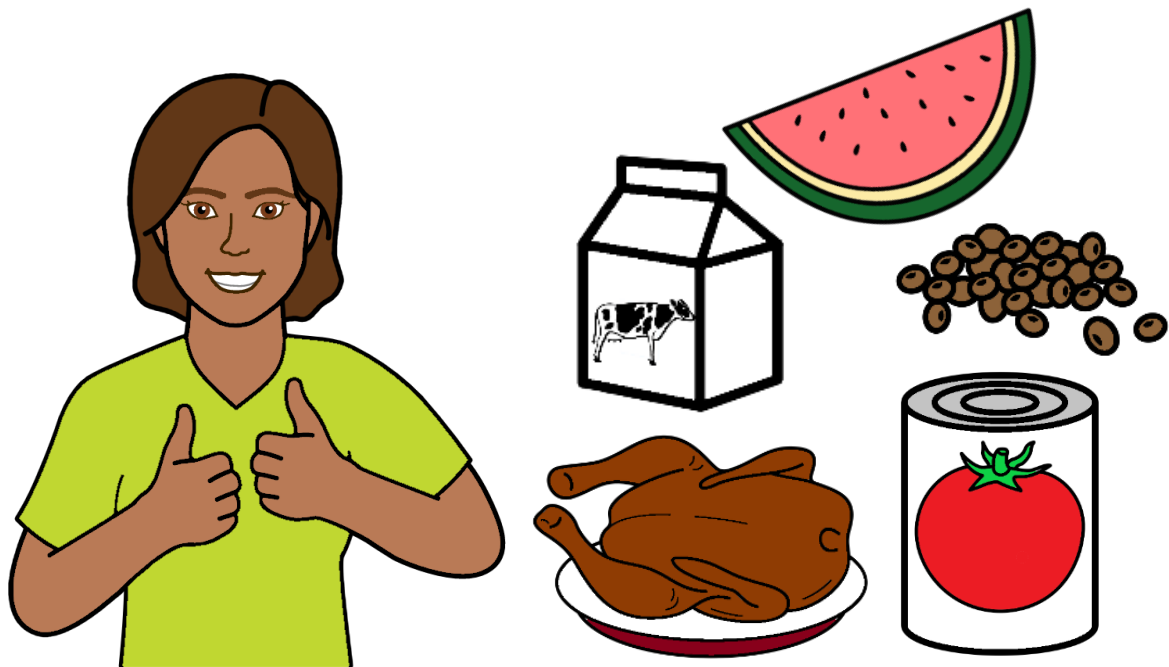
We can use these images. They are from



- Change People
- PictoSelector
- The Noun Project
- Tobii-Dynavox.

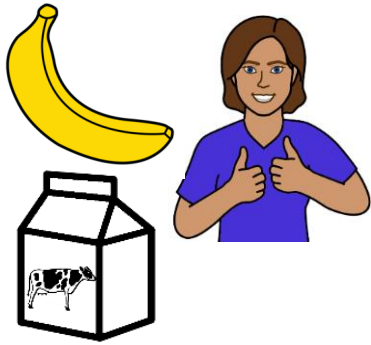


This fact sheet is based on information in the Knox City Council **Prepare for Extreme Weather** and **Eating in Extreme Weather**.

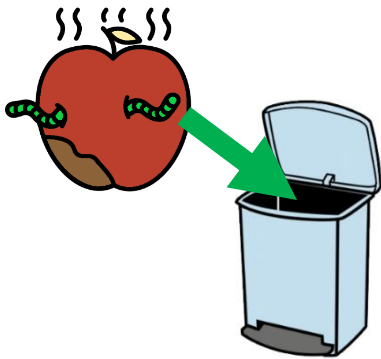


**Eat healthy. Be safe.**

**You can save money.**



You eat healthy food. You feel well.



Your food is old. You must throw it away.

It will make you sick.

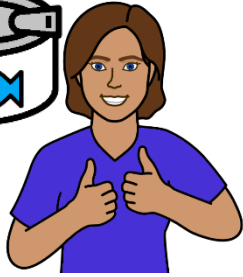
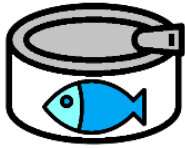


You do **not** have money.

You worry about how to buy food.

There are

- things you can do
- people who can help.



## Food that is good for you

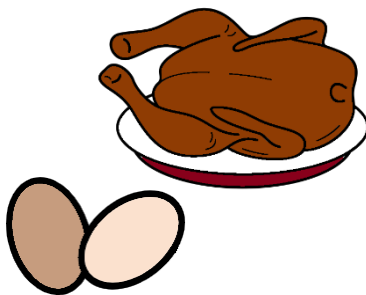
Some food is good for you. You can eat lots of it.

It helps you stay well.



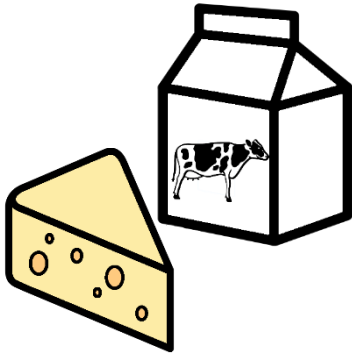
Good food is

- vegetables. Like corn
- fruit. Like banana
- grains. Like oats.



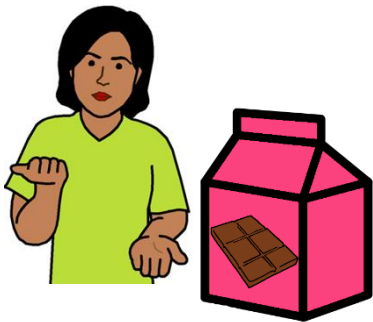
Some food helps your body be strong. Like

- meat
- eggs
- nuts.



It is also food like

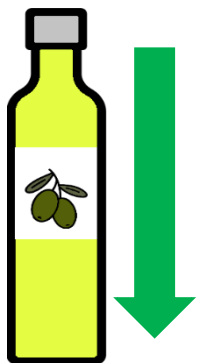
- milk
- cheese
- yoghurt.



Food may have more things in it. Like

- chocolate
- sugar.

It is **not** so good for you.

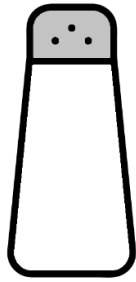


Oil can be bad for you. You only need a little bit.

Some good oils are

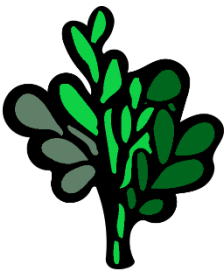
- olive oil
- canola oil
- oily fish. Like sardines.





Too much salt can be bad for you.

You only need a little bit.



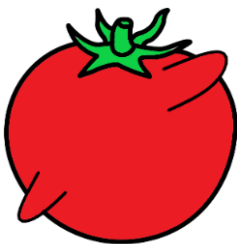
You can use other things in your food. Like

- herbs
- spices.



## Save money on food

You may only have a little bit of money.



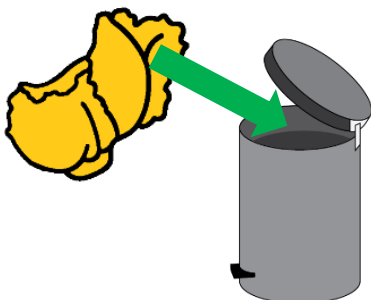
Some fruit and vegetables cost less money.

They may **not** look good. They are OK to eat.



They may have some yellow leaves.

**But**



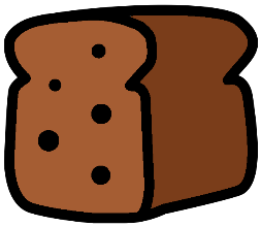
The other parts are green.

You can eat the green part.

Take off the yellow leaves. Throw them away.



Fruit may have 1 bad spot. You can use it **now**.



You can cook it. You can make

- banana bread



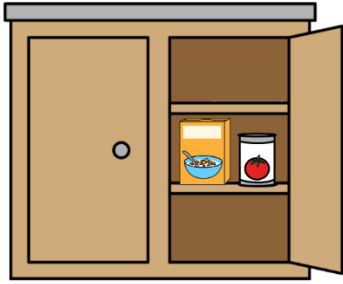
- jam
- pickles.



It may have

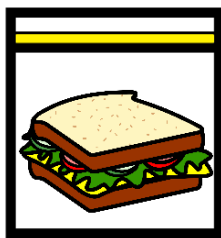
- lots of bad spots
- a bad smell
- mould.

It is **not** good to eat. Throw it away.



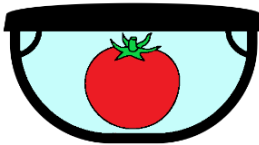
## Where to keep your food

It helps your food stay good.



You put food in the fridge. Use

- a bag you can seal
- a tub with a lid
- plastic wrap.

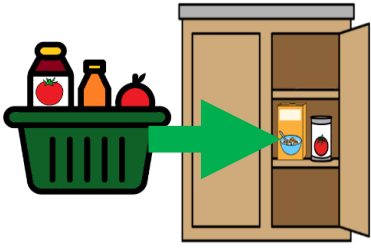


Your food stays fresh.

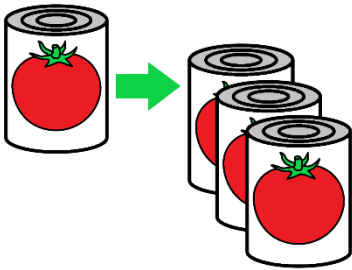


There is food left in the bag.

Use a bag clip.



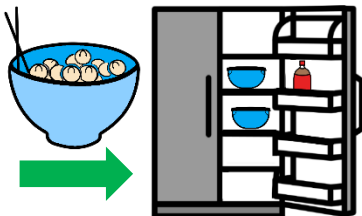
You buy food. You put it away.



Put new food at the back. Keep old food in front.

Use the old food first. Do this for the

- cupboard
- fridge
- freezer.

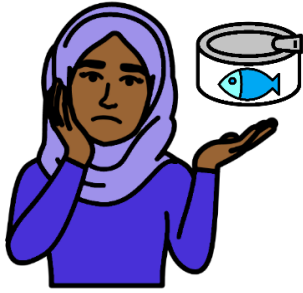


You may have food left over.

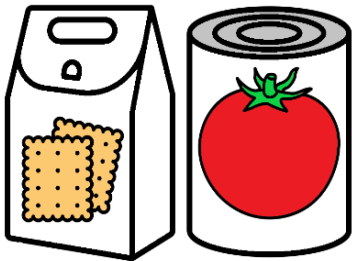
It is still good. Keep it in the

- fridge
- freezer.

Use it soon. Like the next day.



How long will food stay good?



Some food comes in a packet. It is **not** open.



It has a date on it.

It tells you how long the food stays good to eat.



The date may say **use by**.

The date is today. The food is **not** good to eat.

Or



The date may say **best before.**

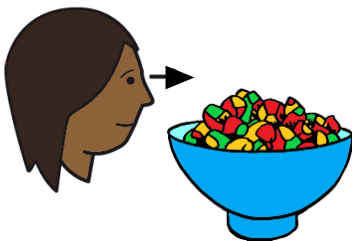
The date is today.

The food may still be OK.



Look at the tin. Check it has

- no holes
- no rust
- no dents.

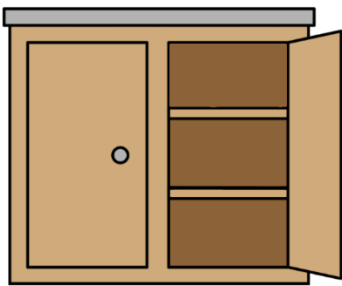


Open the food. Check it

- looks ok
- smells ok.



**You need help**

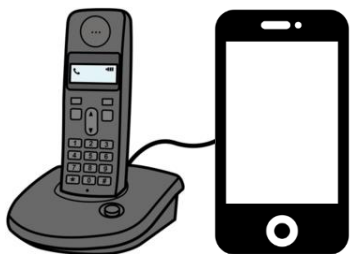


You do **not** have food.

You may **not** have money to buy food.

You may have a different problem.

You can get help.



Call 03 9298 8000.

It is Knox City Council.



**Or**





Scan this code.

The code goes to our website.



Or



Go to our website. It is

<https://bit.ly/49EJxcK>

Service providers

Look for the words **food relief**.

It is half way down the page.



Find the arrow. Click on the arrow.

There is a list of places.

They can help you get food.

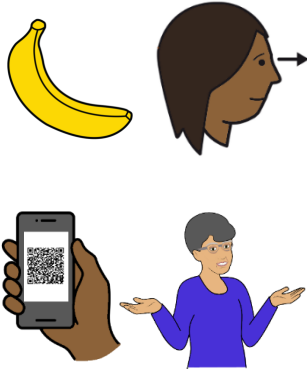


It tells you

- how they can help
- where they are
- when they are open
- the phone number.

## Images

We can use these images. They are from



- Inspired Services
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- The Noun Project
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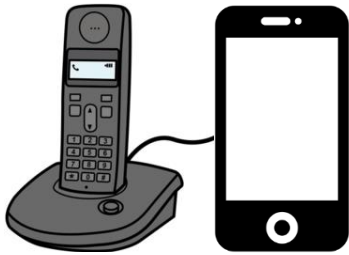
The QR code and web site images are from Knox City Council.



This fact sheet is based on information in the Knox City Council **Prepare for Extreme Weather** and **Eating in Extreme Weather**.



# Knox City Council



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