Heatwave Safety Tips

The [Heatwave Service](#) is a great tool to watch for developing or existing heatwaves. The service displays current severity maps of Australia and future forecasts. Prepare for a heatwave in your area with these tips.

Prepare for Summer

- Talk to your doctor for personalized health related heatwave tips
- Service the air con before summer
- Blackouts are common in extreme heat waves
  - Prepare a backup source of power and batteries for a radio

During a Heatwave

When a heatwave is in your region, plan and modify your behaviour

  - Drink 2-3 litres of water a day
    - Abstain from soft drinks, tea and coffee
    - Drink regularly, even if you are not thirsty
  - Eat normally but try to eat cold foods
    - Fruit and salads
    - Avoid meat and dairy – they are harder to digest and increase body temperature and fluid loss
  - Avoid planning to go/ going outside during the hottest part of the day (11am – 3pm)
  - Avoid gardening and outdoor exercise
- Young children and the elderly are more sensitive to heat. Keep an eye on their fluid intake
- Never leave any people or pets in parked cars
- You are responsible for any pets
  - Ensure pets have water and are in a cool environment

If You Go Out

  - Wear light coloured, cotton clothes, and a wide brimmed hat if available
  - Drink water
  - Avoid direct sunlight
  - Wear Sunscreen

Early Signs of Heat Stress:

- Headache
- Rising body temperature
- Dry eyes and mouth
- Shortness of breath
- Absence of tears when crying
- Vomiting

Heatwave Safety Tips

These symptoms may happen slowly over the course of a few days of a heatwave. Move quickly to treat heat stroke or call medical help immediately.

Ways to Treat Heatstroke:

- Rehydrate
    - Some sports drinks may help, but water is best
- Place the person in an ice bath (quickest way)
- Get the person to an air conditioned area and direct fans at them
    - Add damp sheets with a fan or spray with cool water

For more information visit the [Australian Bureau of Meteorology](#) for more heatwave information and tips for your specific region.