

Heat wave checklist for clients and families

Beat the heat



plan ahead



keep cool



stay hydrated



look out for each other

Heatwave preparation checklist

- ☐ Monitor the weather, you can use the Bureau of Meteorology Heatwave Service
- ☐ Know who you will call for help
- ☐ Know who you will check on, such as neighbours, friends, relatives and those isolated
- ☐ Understand how to manage your medical condition in the heat
- ☐ Store enough medication at the right temperature
- ☐ Check fridges, freezers, fans and air-conditioners work well
- ☐ Have cool packs and make ice cubes
- ☐ Check you have enough food and drinking water
- ☐ Create cool rooms and cross breezes in your house
- ☐ Protect windows from the sun by using blinds or curtains
- ☐ Know your local cool public places
- ☐ Have a power failure emergency kit
- ☐ Be bushfire prepared

health.nsw.gov.au/environment/beattheheat
bom.gov.au/australia/heatwave

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How to prepare for a heat wave

- ☐ Listen to local weather forecasts and stay aware of upcoming temperature changes.
- ☐ Plan to avoid exposure to direct sunlight as it can increase the risk of the heat effect. .
- ☐ Prepare for the possibility of power outages, ☐ Make sure vehicles have fuel.
- ☐ Ensure home and car air conditioners are in good working order with the filters cleaned.
- ☐ If you do not have air conditioning, choose places you could go to for relief from the heat during the warmest part of the day (schools, libraries, theatres, malls).
- ☐ Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas & quality of air may be affected. People with respiratory problems may have difficulties
- ☐ Have some icy-poles, ice chips or jelly as an alternative source of liquid. Have drinks available in your vehicle if you go out.
- ☐ Ensure that you consider others in the family such as those who are disabled, young, or elderly, that their needs are met, and that they have plenty of fluids available & accessible. .
- ☐ Ensure that pets & animals have water and shade available

What to do during a heat wave

- ☐ Listen to ABC Radio for critical updates from the Bureau of Meteorology
- ☐ Never leave children, pets in, or alone in enclosed vehicles.
- ☐ Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid caffeine or alcohol. Eat ice blocks or ice chips. ☐ Eat small meals and eat more often.
- ☐ Wear loose-fitting, lightweight, light- coloured clothing. No dark colours they absorb the sun's rays.
- ☐ Use air conditioning. ☐ Fans may help if indoor temperature is less than 35°C, **but NOT above 35°C.**
- ☐ Keep windows and curtains shut if the outside temperature is higher than the inside temperature.
- ☐ Do not use fans in rooms on days of high humidity/temperatures where windows and doors are shut; because this simply circulates the same hot air. If the air outside is cooler than the air inside, open the windows.