Disaster Resource: Heatwaves

Website links, Phone Numbers and other resources.

State Resource

Disaster Preparedness Website

ACT: https://esa.act.gov.au/be-emergency-ready/heatwave
NSW: https://www.health.nsw.gov.au/environment/beattheheat/Pages/prepare-for-heat.aspx
NT: https://securent.nt.gov.au/prepare-for-an-emergency/weather-events/heatwave
QLD: https://www.getready.qld.gov.au/prepare/know-your-risk/heatwave
SA: https://www.ses.sa.gov.au/heatwave/
TAS: https://alert.tas.gov.au/get-ready/heatwave
VIC: https://www.betterhealth.vic.gov.au/extreme-heat
WA: https://www.healthywa.wa.gov.au/Articles/F_I/Heatwave-be-prepared-for-extreme-heat/During-a-heatwave
National: https://www.nema.gov.au/support-and-resources-hub

Heat related health hazzards and treetments

Heatstroke: https://www.healthdirect.gov.au/healthy-living/weather-and-environment/heatstroke
Dehydration: https://www.healthdirect.gov.au/healthy-living/food-and-nutrition/dehydration
Heat Rash: https://www.healthdirect.gov.au/symptoms/heat-rash
Heat Cramps: https://my.clevelandclinic.org/health/diseases/24866-heat-cramps
Heat Exhaustion: https://www.mayoclinic.org/diseases-conditions/heat-exhaustion/symptoms-causes/syc-20373250

Staying Cool

Block out the sun: Close curtains, blinds, and shutters on sun-facing windows during the day.

Manage ventilation: Open windows and doors at night when the outside air is cooler than inside, then seal the house up before morning.

Use cooling devices: Run air conditioners or electric fans. (Note: In extreme heat above 40°C, electric fans can circulate hot air and worsen dehydration; use damp cloths or cool showers instead).

Seek public refuges: If your home lacks air conditioning, spend the hottest hours of the day in an air-conditioned public space, such as a library or shopping centre.

Stay hydrated: Drink 2 to 3 litres of water daily; don't wait until you feel thirsty. Avoid alcohol, coffee, and sugary drinks.

Dress for the weather: Wear lightweight, loose-fitting, breathable fabrics like cotton or linen.

Active cooling: Take cool showers or baths, put cool wet cloths on your neck and face, or use a spray bottle.

Reschedule activities: Move essential outdoor tasks to early mornings or late evenings.

News Sources

ABC: https://www.abc.net.au/
SBS: https://www.sbs.com.au/news
BOM: https://www.bom.gov.au/
Find your local radio station: https://reception.abc.net.au/
National Alert system: https://www.ausalert.gov.au/