Disaster Tips: Heat Wave

Helping you navigate the Hot Days

Understand the Health Risks



It is important to know the signs of heat-related illness.



Heat Exhaustion (Act quickly):

- Heavy sweating
- Pale, clammy skin
- Feeling faint or dizzy
- Nausea or vomiting
- Headache
- Muscle cramps

Heat Stroke (Emergency - Call 000):

- A very high body temperature (above 39°C)
- Hot, red, dry skin (no sweating)
- Fast, strong pulse
- Confusion or slurred speech
- Losing consciousness

Staying Cool



Keeping your body temperature down is the number one goal.



Wet is Best



Cool Showers & Baths



Block the Sun



Dress Light



Rest, Take it slow and easy

Staying Hydrated



You need to drink water even if you don't feel thirsty.

Water is Best: Drink water regularly. Try to have a glass every hour.

Set Reminders: If you forget to drink, set an alarm on your phone or ask a support worker to remind you.

Flavour it: If you don't like plain water, add a slice of lemon, lime, or a splash of fruit juice.

Eat Water: Eat fruits and vegetables with high water content, like watermelon, cucumber, and oranges.

Staying Cool For Cheap

You don't need to run the air conditioner all day to stay safe.



The Fan Trick: Place a bowl of ice or frozen water bottles in front of a fan. The fan will blow cooler air around the room.



Visit Cool Places: Go to an air-conditioned shopping centre, library, or community centres during the hottest part of the day. This helps to save on your electricity bill.



Eat Cold Meals: Avoid using the oven. Eat salads or cold sandwiches to keep the house cool.

How To Be Prepared





The 3-Day Check: Check the weather forecast every morning so you know what is coming.



Support Worker Plan: If you have support workers, discuss a heat plan. When will they check on you? Do they have a key to help you if you need it?



Emergency Contacts: Keep a list of contacts (family, friends, support coordinators) clearly visible.



Medication Storage: Check the labels on your medication. Some need to be stored in the fridge. Speak to your pharmacist if you are worried about your meds in the heat.

Things To Avoid



Don't Wait for Thirst: By the time you feel thirsty, you are already dehydrated.



Avoid Alcohol: Alcohol dehydrates the body and makes it harder to regulate temperature.



Watch the Caffeine: Limit coffee, tea, and fizzy drinks as they can dehydrate you.



Don't Leave Anyone in Cars: Never sit in a parked car in the heat and never leave pets or children in a car.



Avoid Heavy Meals: Big, heavy meals make your body work harder and produce more heat.

Emergency Numbers



Emergencies (Ambulance):
000

healthdirect

Health Direct (24/7 Advice):
1800 022 222

NDIS Support:
Contact your Support Coordinator or LAC.