

## Heat Health Advice from the Department of Health

The following advice will help you plan for how to cope during extreme heat.

- Ask a family member or friend to check on you twice a day especially if you live alone.
- Register for the free Red Cross Telecross REDi on 1800 188 071. A Red Cross volunteer will call you up to three times a day during times of extreme heat to make sure you are coping.
- Drink water regularly, even if you do not feel thirsty, unless your doctor says to limit the amount of fluid you drink.
- Eat smaller meals more often during hot weather and more cold meals.
- If you have an air-conditioner set it to '**Cool**' before turning on.
- Wear light coloured, loose fitting clothing (preferably cotton or linen). If you go outside wear a wide brimmed hat and sunglasses.
- You can cool yourself down by taking a cool bath, shower or cool drink.
- If you feel unwell seek help (call **Health Direct** on **1800 022 222**, your doctor or in an emergency call **000** for an ambulance).

### Medicines

If you take prescribed medicines you **must** continue to take these during periods of extreme heat. Check with your doctor whether your medicine is likely to cause difficulties for you in the heat.

# I will use this information when an Extreme Heat Warning is issued:

Is my radio tuned to local ABC radio to hear extreme heat warnings?

**Do I have sufficient food in house so that I don't need to go out in the heat?**

Pre-organise a list for what you need.

**What will I take with me?**

- Money, credit cards
- Medication
- Mobile phone
- Important phone nos.
- Snacks & water
- .....

**Have I registered with Telecross REDi?**

**When will they ring?**

**Is there a place I can go to cool down?**

e.g. local library or shopping centre.

**Who needs to know I am leaving the house?**

Name:

Name:

Phone No:

Phone No:

*\*If registered for **Telecross REDi** don't forget to let them know you will not be home. **Phone: 1800 188 071***

# Extreme Heat