

Heatwave: Know your health, know your risk

A heatwave is a period of unusually hot weather in an area that lasts 3 days or more. Heat puts stress on our bodies and hot nights make it harder to recover. Heatwaves kill more Australians compared to any other natural disaster.

Your checklist to help you prepare for a heatwave

Stay informed

- Stay up to date on heatwave alerts ([emergency.wa.gov.au](https://www.emergency.wa.gov.au)), listen to the radio and television weather reports.

Is your health at higher risk?

- If you have acute or chronic medical conditions, talk to your healthcare practitioner about the best ways to stay cool and healthy during heatwaves.

Stay in contact

- Know who to call for help.
- Know who to check on or call, such as neighbours, friends, relatives, and those who live alone.
- Share ways to stay safe during heatwaves with others.

Keep safe and cool inside

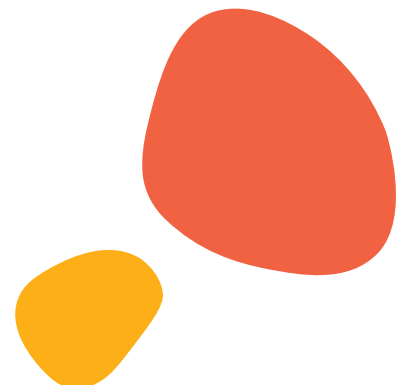
- Close windows, blinds, and curtains as the temperature rises to block out the heat.
- Check air-conditioners and fans are working properly and set to the 'cool' setting.
 - If you need to service or replace your air-conditioner or fan, do so as soon as possible.
- Open windows and doors during cooler parts of the day to ventilate and cool your home if it is safe to do so.
- Know where to go if your home gets too hot. Check if your council has a list of cool spaces or know local cool spaces you can go to such as libraries, community centres, and shopping centres.

Prepare to stay inside

- Stock up on food and drinking water.
- Check fridges and freezers are working properly.
- Replace winter bedding with lightweight, cotton bedding.
- Make a plan to keep your pets cool and healthy.

Be ready for an emergency

- Keep electronic devices such as mobile phones and laptops charged.
- Have a battery, solar or wind-up powered torch and radio available, including spare batteries.
- Prepare a first-aid kit. ([healthdirect.gov.au/first-aid-kits](https://www.healthdirect.gov.au/first-aid-kits))
- Make a plan to keep food and medicine safe during and after a power outage.



Know the signs of heat-related illness and act fast



Dehydration

Feeling thirsty, a dry mouth, and darker urine.



Treatment

Rest in a cool area, remove excess clothing and drink water.



Heat stress

Pale skin, excess sweating or no sweating, and dark urine.



Treatment

Lie in cool area and remove excess clothing. Apply wet cloths, cold water or wrapped icepacks to the skin (armpits and groin) and drink water. Call triple zero (000) if symptoms do not improve in 30 minutes.



Heat stroke

Confusion, incoherent speech, abnormal walking, seizures or coma.



Heat stroke is a life-threatening medical emergency. Immediately call triple zero (000).

If you or someone you know is ill, contact your regular health care provider or call Healthdirect Australia on 1800 022 222. In an emergency go to your nearest hospital or call triple zero (000).

For more information, visit [healthysa.gov.au](https://www.healthysa.gov.au)

