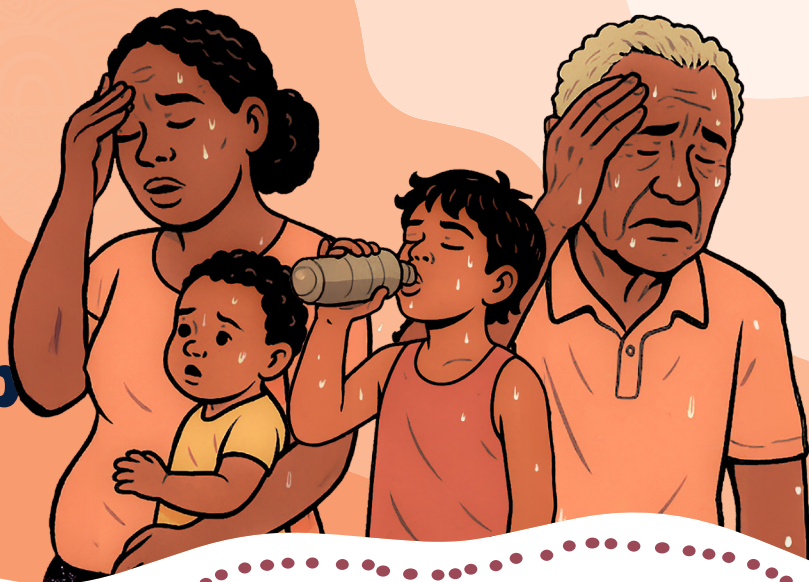


Be ready for a heatwave

Stay cool, stay strong and keep your mob safe!



Here are some ways to keep yourself, your family, and your community safe



Keep updated: Watch the news or visit weather websites, like the Bureau of Meteorology.



Store essentials: Have cold packs and spray bottles ready. You can buy these from supermarkets.



Stay connected: Know who to call if you need help. Yarn to your family and friends.



Store items safely: Keep food and medicine in cool places like your pantry or fridge.



Stay cool: Make sure your fan or air conditioner is working. If you don't have one, try to spend time somewhere cool – like a library, shopping centre, or community centre.



In case you lose power or electricity: Have a torch, some spare batteries, a battery-powered radio, and a charged phone ready to go.



Get health advice: If you have any health problems or find it hard to drink enough water, have a yarn with your doctor or health worker about how to stay cool and safe.



Watch for warning signs: Heavy sweating, feeling dizzy, nausea, headaches, and muscle cramps. These can lead to heat exhaustion or heatstroke.



Metro North
Health



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