

# Be ready for a heatwave

## Stay cool, stay strong and keep your mob safe!



**1. Drink plenty of water:** Take sips of water all day, even if you're not thirsty. Avoid soft drinks, coffee and alcohol.



### 6. Check on Elders and vulnerable people.

Older adults, babies and people with chronic diseases can get sick quickly in the heat. Keep an eye on them.



**2. Wear light clothing:** Wear loose cotton clothes like shorts or dresses. Avoid heavy or dark fabrics.



### 7. Watch for warning signs:

Heavy sweating, feeling dizzy, nausea, headaches, and muscle cramps. These can lead to heat exhaustion or heatstroke.



**3. Keep in the shade:** Sit under a tree or in a cool spot when outside.



**8. Keep cool:** Make sure your fans and air-conditioning work. If you don't have them, go to a cool place like the shopping centre or visit family and friends who do.



**4. Protect your heart:** Hot weather is hard on the heart. Make sure Elders and people with heart problems stay cool and drink water regularly.



**9. Check on family and friends:** Update family and friends' contact details. Keep in touch and know who you can call for help.



**5. Be smart and plan outdoor activities wisely:** Do any jobs or exercise early morning or late afternoon when it's cooler.



**10. Heatstroke is an emergency:** If you or someone you know feels confused, has hot dry skin or a body temperature above 40 degrees Celsius. Call Triple Zero (000) immediately.

## Have a plan for hot weather

☒ Check the Weather

☒ Keep in cool, shady places

☒ Look after medicines

☒ Check Your Mob

☒ Keep cool packs and ice cubes

☒ Keep water handy



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