

Be ready for a heatwave

Stay cool, stay strong and keep your mob safe!



Have a plan: Check the Weather Look at the BOM www.bom.gov.au (Bureau of Meteorology) for heat warnings.



Know your mob: Plan who you will check on and who you can call for help.



Look after medication: Keep your tablets and medicine in a cool spot.



Get your home ready: Make ice cubes, keep cold packs and fill spray bottles with water.



Block the sun: Close curtains or blinds to keep direct heat out.



Keep water handy: Have lots of cool water ready to drink.



Pack an emergency kit: Torch, batteries, phone charges, battery-run radio and a first aid kit in case power goes out.



Scan to find out more about being heatsafe

Website: www.health.qld.gov.au/heatsafe

Weather updates: www.bom.gov.au

If you or anyone else has signs of heatstroke: call **13 HEALTH** (13 43 25 84) for advice from a qualified nurse, or visit your doctor. In an emergency: Call **Triple Zero (000)**.



Ask for an interpreter, if you need one

Metro North Health



Queensland Government