



Heatwave | ACTION PLAN

Cool yourself:

- 1 Drink plenty of fluids
- 2 Stay out of the sun
- 3 Wear lightweight, loose clothing
- 4 Take a cool shower
- 5 Reduce physical exertion
- 6 Use a damp cloth

What other actions
can you take?

Keep your home cool:

- 1 Use a fan
- 2 Use the air conditioner
- 3 Keep doors and windows closed during the day
- 4 Close curtains and external blinds during the day
- 5 Cool your house at night - open windows and blinds
- 6 Reduce appliance use
- 7 Use the thermometer
- 8 Reduce drafts

Take a break:

- 1 Even a short break from the heat will help
- 2 Visit a friend or relative who has air conditioning
- 3 Visit the local library or shopping centre
- 4 Call the council, to see if they have heat shelters available

Be prepared, stay aware

Keep your mobile phone charged and close by. Do you live in a bush fire prone area? Listen to the radio to stay informed (consider a battery powered radio)

CONTACT NUMBERS

Ambulance
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Nurse on call
1300 606 024

Fire/Bushfire Info
1800 240 667

Doctor

Close
relative

Friendly
neighbour

Transport
e.g. taxi

Council
help line

See your How To Beat Extreme
Heat Guide for more tips or go to:
www.heatwavehelp.com.au

