

# Regional Heatwave Resilience Project

Building community preparedness



## COMMUNITY SERVICE ANNOUNCEMENTS TARGET AUDIENCE - ALL OF COMMUNITY

### Stage 1 Messages: General Community Awareness

*These messages seek to raise general community awareness of heatwave / extreme heat impacts and preparedness and would be issued periodically during the lead up to and during summer.*

#### **Beat the Heat this Summer!**

Many of us simply don't know that extreme heat is a major cause of health problems in Australia.

The fact is, more Australians are hospitalised and die as a result of heatwave than any other natural disaster.

Beat the Heat this summer.

**Drink plenty of water** and avoid alcoholic, hot or sugary drinks

**Keep Cool** – do less and avoid being outside during the hottest part of the day

**Check on** elderly friends, neighbours and relatives, especially if they live alone

**Have a Plan** for how to stay cool when it heats up

Find out more at [health.nsw.gov.au/environment/beattheheat](http://health.nsw.gov.au/environment/beattheheat)



Hunter & Central Coast  
Regional Environmental  
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## **Stage 2 Messages: Heatwave / Extreme Heat Conditions Forecast**

*These messages are for issuing in the days preceding a forecast heatwave / extreme heat event to encourage preparatory action by the target audience.*

### **Heatwave Conditions Forecast**

A heatwave is forecast to hit the region in the coming days.

Many Australian simply don't know that heat is a major cause of health problems. The fact is, more Australians are hospitalised or die as a result of heatwave than any other natural disaster.

Beat the Heat this summer – Drink plenty of water, keep cool by doing less and avoid being outside during the hottest part of the day, check on family, friends and neighbours, especially the elderly, and make a plan for how you will stay cool before the heat arrives.

Keep your home cool by closing windows, curtains and blinds during the hottest parts of the day. Stock up now on things you might need, like water, food and medicines, so you can avoid going out during the heat.

To find out more visit [www.health.nsw.gov.au/environment/beattheheat](http://www.health.nsw.gov.au/environment/beattheheat)



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## Stage 3 Messages: Heatwave / Extreme Heat Conditions Occurring

*These messages are for issuing during a heatwave / extreme heat event to encourage immediate and direct action by the target audience to protect health and safety.*

### Heatwave / Extreme Heat Alert

Heatwave conditions have arrived in our region.

Keep your home cool by closing windows, curtains and blinds during the hottest parts of the day.

Know the early signs of heat related illness – tiredness, thirst, bright or dark yellow urine and sometimes dizziness or fainting, and take steps to prevent it reaching dangerous levels.

Move somewhere cool, drink water or diluted fruit juice (1 part juice in 4 parts water) and avoid tea, coffee or alcohol. If you start to feel unwell, seek medical advice.

**Drink plenty of water** and avoid alcoholic, hot or sugary drinks

**Keep Cool** – do less and avoid being outside during the hottest part of the day

**Check on** elderly friends, neighbours and relatives, especially if they live alone

**Have a Plan** for how to stay cool when it heats up

Find out more about ways to beat the heat at [health.nsw.gov.au/environment/beattheheat](http://health.nsw.gov.au/environment/beattheheat)



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