

Regional Heatwave Resilience Project

Building community preparedness



E-MAIL ALERTS

TARGET AUDIENCE - ALL OF COMMUNITY

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.

Subject line: Heatwave Alert - Prepare for Extreme Heat Conditions

Body text

The Bureau of Meteorology (BOM) is forecasting heatwave conditions in the coming days.

Heatwaves pose a serious risk to human health.

Be prepared:

- **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

Know the early signs of heat related illness - dizziness, fainting, tiredness, thirst, bright or dark yellow urine. If you or others experience any of these symptoms take steps to prevent it reaching dangerous levels. Move somewhere cool and drink water. If you start to feel unwell, seek medical advice.

Other things you can do:

- Cool your house by shading windows, shutting curtains and, if its safe to do so, opening windows at night to let in cool air
- Stock up on food, water or medications to avoid having to go out in the heat
- If you think it will be too hot at home, plan where else you might go to stay cool. For example local libraries, swimming pools, galleries, shopping centres and cinemas. Try to go early so you're not outside in the heat of the day.
- Check your medications are stored correctly. Most medications need to be stored below 25°C or in the fridge if indicated. This applies particularly to antibiotics, adrenergic drugs, insulin, analgesics and sedatives.
- Talk to your doctor about the correct use and storage of your medications and any affects they may have on you during hot weather



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Regional Environmental
Management Strategy



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More Information:

How to prepare for a heatwave: www.health.nsw.gov.au/environment/beattheheat

Bureau of Meteorology weather forecasts

<http://www.bom.gov.au/>



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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.

Subject line: Heatwave Alert – Protect your health

Body text

Heatwave conditions are now occurring in the region.

Heat related illness is major cause of health problems for Australians every summer. To reduce health impacts:

- **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

Other things you can do:

- Cool your house by shading windows, shutting curtains and, if its safe to do so, opening windows at night to let in cool air
- If you have an air conditioner, reduce running costs by setting it to 24 degrees and turning it on before the room heats up.
- Spend time in a cool place like local libraries, swimming pools, galleries, shopping centres or cinemas. Try to go early so you're not outside in the heat of the day.
- Check your medications are stored correctly. Most medications need to be stored below 25°C or in the fridge if indicated.

Know the early signs of heat related illness - dizziness, fainting, tiredness, thirst, bright or dark yellow urine. If you or others experience any of these symptoms take steps to prevent it reaching dangerous levels. Move somewhere cool and drink water. If you start to feel unwell, seek medical advice.

Try some vintage cooling methods:

- Suck on ice cubes
- Wipes your arms, face and neck down with a cool, wet cloth
- Pop your feet in a basin of cool water
- Put a bowl of ice cubes in front of a fan to create a cool breeze.



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More Information:

What to do during a heatwave: www.health.nsw.gov.au/environment/beattheheat

Bureau of Meteorology weather forecasts

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