

Regional Heatwave Resilience Project

Building community preparedness



E-MAIL ALERTS

TARGET AUDIENCE – FAMILIES WITH YOUNG CHILDREN

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 your family for Heatwave Conditions

Body text

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

Heatwaves can pose a serious health risk to babies and young children.

Young children and babies are particularly susceptible to heat related illnesses, as their bodies cannot adjust to changes in temperature as well as adults.

Be prepared. Plan and prepare what your family might need, to prevent the need to go out when the heat arrives.

- Stock up on food, water or medications
- Prepare ice or icy treats for the kids and freeze ice packs, to help you stay cool during the heatwave.
- Check your fridge and freezer are operating properly to prevent food spoiling or even worse, food poisoning.

Remember to breast or bottle feed babies more often when it's hot and offer older children more drinks, preferably water.

More Information:

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

Bureau of Meteorology weather forecasts

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 family from heat related illness

Body text

Heatwave conditions are now occurring in the region.

Young children and babies are particularly susceptible to heat related illness. Parents and carers should take steps to ensure children's health during the current heatwave conditions:

- Breast or bottle feed babies more often
- Offer older children more drinks, preferably water
- Plan activity for the coolest part of the day
- Dress in cool, loose clothing
- Take water with you, especially if driving distances.
- Never leave children or pets in the car, not even for a minute.

Know the signs of heat stress in children:

- looking unwell and being more irritable than usual
- pale and clammy skin
- sleepy and floppy
- fewer wet nappies than usual or dark urine
- refusing to breast/bottle feed
- intense thirst and dry skin, mouth or eyes
- a soft spot on the baby's head (fontanelle) is lower than usual.

If children show any of these signs take steps to prevent it reaching dangerous levels:

- move the child to a cool area
- remove any extra clothes
- try to give the baby or child extra drinks
- cover the child or baby with cool damp cloths or sponge them down with water

If you think your baby or young child is suffering from heat exhaustion, seek medical advice.

More Information:

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

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