

Regional Heatwave Resilience Project

Building community preparedness



E-MAIL ALERTS

TARGET ISSUE – MEDICATION IMPACTS

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 – Impacts on Medications

Body text

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

Did you know that some medications can be less effective or occasionally more toxic when exposed to and stored in high temperatures?

Check your medications are stored correctly. Most need to be stored below 25°C or in the fridge if indicated. This applies particularly to antibiotics, adrenergic drugs, insulin, analgesics and sedatives.

Some medications can also make you more susceptible to heat related illness. Talk to your doctor about the correct use and storage of your medications and any affects they may have on you during hot weather.

For more information on how medications can affect you during the heat, visit the New South Wales NSW Health Beat the Heat website :

www.health.nsw.gov.au/environment/beattheheat

Heatwave 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 – Impacts on Medications

Body text

Heatwave conditions are occurring in our region.

Extreme heat can have direct impacts on medications, making them less effective or occasionally more toxic.

Check your medications correctly stored, usually below 25°C or in the fridge if indicated, and out of reach of children. This applies particularly to antibiotics, adrenergic drugs, insulin, analgesics and sedatives.

If you are taking medications that make you more susceptible to heat related illness take steps to stay safe:

- **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
- If it's too hot at home, visit places like libraries, galleries, community centres, shopping centres and cinemas to stay cool.

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, 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.

More information:

NSW Health Beat the Heat website: www.health.nsw.gov.au/environment/beattheheat

Heatwave forecasts: www.bom.gov.au/



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