

# Regional Heatwave Resilience Project

Building community preparedness



## SMS / TEXT 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.*

#### Short (160 Character) SMS / Text Alert

Heatwave conditions are forecast  
Be prepared to protect your health  
Tips to beat the heat

[www.health.nsw.gov.au/environment/beattheheat](http://www.health.nsw.gov.au/environment/beattheheat)  
[www.bom.gov.au](http://www.bom.gov.au)

#### Long SMS / Text Alert

The Bureau of Meteorology is forecasting heatwave conditions in the coming days. Heatwaves pose a serious risk to health. Be prepared:

- Drink plenty of water
- Keep Cool – do less and avoid being outside during the hottest part of the day
- Check on elderly friends, neighbours and relatives
- Have a Plan for how to stay cool when it heats up

More information:

[www.health.nsw.gov.au/environment/beattheheat](http://www.health.nsw.gov.au/environment/beattheheat)  
[www.bom.gov.au/](http://www.bom.gov.au/)



Hunter & Central Coast  
Regional Environmental  
Management Strategy



Health  
Hunter New England  
Local Health District



Health  
Central Coast  
Local Health District

the  
power of  
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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.*

### **Short (160 Character) SMS Alert**

The region is experiencing heatwave conditions  
Drink plenty of water  
Keep cool  
Check on others  
More tips  
[www.health.nsw.gov.au/environment/beattheheat](http://www.health.nsw.gov.au/environment/beattheheat)  
[www.bom.gov.au](http://www.bom.gov.au)

### **Long SMS / Text Alert**

The region is experiencing heatwave conditions. To reduce serious health risks:

- Drink plenty of water
- 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
- Know the early signs of heat related illness - dizziness, fainting, tiredness, thirst, bright or dark yellow urine. If you start to feel unwell, seek medical advice.

More information:

[www.health.nsw.gov.au/environment/beattheheat](http://www.health.nsw.gov.au/environment/beattheheat)  
[www.bom.gov.au/](http://www.bom.gov.au/)



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