

# Regional Heatwave Resilience Project

Building community preparedness



## SMS / TEXT 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.*

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

Heatwave conditions are forecast.  
Be prepared to protect your family's 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 can pose a serious health risk to babies and young children. Be prepared:

- Have a Plan for how to stay cool when it heats up
- Keep Cool – do less and avoid being outside during the hottest part of the day
- Stock up on food, water or medications now to avoid going out when it gets hot
- Prepare ice, ice packs or icy treats to help you stay cool

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

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  
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Management Strategy



Health  
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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  
Protect your children's health  
Family 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 region is experiencing heatwave conditions. To reduce serious health risks:

- Drink plenty of water
- Breast/bottle feed babies more frequently
- Offer children extra drinks
- Take water with you
- Never leave children or animals alone in the car
- Plan activities for cool times of the day
- Dress in cool, loose clothing
- Be sun safe

If you think your baby or young child is suffering from heat related illness, 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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