

# Regional Heatwave Resilience Project

Building community preparedness



## SMS / TEXT 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.*

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

Heatwave conditions are forecast.

Some medications can be affected by high temperatures or increase risk of heat related illness.

More info

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

#### Long SMS / Text Alert

The Bureau of Meteorology is forecasting heatwave conditions.

Some medications can be affected by high temperatures or increase risk of heat related illness.

Check medications are stored correctly usually below 25 degrees or in the fridge if indicated.

If taking medications ask your doctor about any affects they may have on you during very hot weather.

More information:

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

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



Hunter & Central Coast  
Regional Environmental  
Management Strategy



Health  
Hunter New England  
Local Health District



Health  
Central Coast  
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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**

Heatwave conditions are occurring.

Store medications correctly.

If your medications increase risk of heat related illness take steps to keep cool.

More info

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

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

Heatwave conditions are occurring in the region. Some medications can be affected by high temperatures or increase risk of heat related illness. Store medications correctly usually below 25 degrees or in the fridge if indicated. If your medications increase the risk of heat related illness, take steps to stay cool.

More information:

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

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



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