

# Regional Heatwave Resilience Project

Building community preparedness



## SMS / TEXT ALERTS

### TARGET AUDIENCE – RURAL & ISOLATED COMMUNITIES

#### 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.  
More tips to beat the heat  
[www.bom.gov.au](http://www.bom.gov.au)  
[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 in the coming days. Be prepared:

- **Drink plenty of water** and avoid alcoholic, hot or sugary drinks
- Plan to keep livestock cool, fed and in the shade
- Have a back up plan for if you lose power and water
- Stock up on medications, food and water for both people and livestock
- Store medications correctly usually below 25 degrees or in the fridge if indicated.
- If you take regular medication, talk to your doctor about the correct use and storage of your medications and any affects they may have on you during hot weather.

More information:

[www.bom.gov.au/](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



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

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

The region is experiencing heatwave conditions. Protect your health:

- **Drink plenty of water**
- Keep Cool – if possible only work outside during the coolest part of the day, or if possible for after the heatwave has passed.
- 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.
- Ensure animals and livestock have enough water, food and shade.

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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