

Regional Heatwave Resilience Project

Building community preparedness



WEBSITE CONTENT

TARGET AUDIENCE – RURAL & ISOLATED COMMUNITIES

Stage 1 Messages: General Community Awareness

These messages seek to raise general community awareness of heatwave / extreme heat impacts and preparedness and would be issued periodically during the lead up to and during summer.

Beat the Heat This Summer!

Heatwaves, or long periods of extreme heat, can have serious impacts on your health.

Heatwaves are a major cause of health problems every summer in Australia.

Heat related illness includes dehydration, heat stroke and heat cramps, while extreme heat can also seriously worsen existing health conditions including cardiac disease, mental health and behavioural disorders, asthma and obstructive lung conditions.

Four easy actions everyone can take to protect their health during extreme heat include:

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

Have a Plan for how to stay cool when it heats up

Rural and Isolated communities

Those living in rural or isolated communities can be especially at risk during heatwaves due to their isolation from services and the often physical, outdoor nature of their work. It is therefore important to stay in regular contact with family and friends as temperatures rise.



Hunter & Central Coast
Regional Environmental
Management Strategy



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If you live in a rural or isolated area it is important to prepare early for a heatwave:

- Plan your work and chores for cooler days and the coolest times of the day
- Plan to keep livestock cool, fed and in the shade
- Have a back up plan in case you lose power or water during a heatwave
- Stock up on food and water for both people and livestock so you don't need to head out during the heat of the day
- Check your medications (and also those for animals and livestock) are stored in a cool, dark place (generally below 25°C is recommended)
- Speak to your doctor about any affects medications may have on you during hot weather.

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). Avoid tea, coffee or alcohol. If you start to feel unwell, seek medical advice.

For more information go to the NSW Health Beat the Heat website:

<http://www.health.nsw.gov.au/environment/beattheheat>



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