

Regional Heatwave Resilience Project

Building community preparedness



COMMUNITY SERVICE ANNOUNCEMENTS TARGET AUDIENCE – THE ELDERLY & PEOPLE WITH A DISABILITY

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!

Did you know that more Australians are hospitalised and die as a result of heatwave than any other natural disaster?

The elderly and those with a disability are particularly susceptible to heat related illnesses.

To Beat the Heat this summer:

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

Find out more at 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 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.

Heatwave Conditions Forecast

Did you know that more Australians are hospitalised or die as a result of heatwave than any other natural disaster?

The elderly and those with a disability are particularly susceptible to heat related illnesses.

Heatwave conditions are forecast. To beat the heat:

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

Have a list of important numbers ready by the phone, of family, friends and of doctors and support services, so you can easily call them if needed

Heat can have a direct impact on medications. Check your medications are stored correctly. Most medications need to be stored below 25°C or in the fridge if indicated. This applies particularly to antibiotics, adrenergic drugs, insulin, analgesics and sedatives.

Talk to your doctor about the correct use and storage of your medications and any affects they may have on you during hot weather.

During the heatwave you can reduce the running cost of air conditioning by setting to 24 degrees.

To find out more visit www.health.nsw.gov.au/environment/beattheheat



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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.

Heatwave / Extreme Heat Alert

Heatwave conditions have arrived in our region. The elderly and those with a disability are particularly susceptible to heat related illness and should take action to stay well during the heat.

Stay in touch with family, friends and neighbours during the heatwave, and ask for help if you need it.

Reduce the running cost of air conditioning by setting it to 24 degrees.

Check your medications are stored correctly. Most medications need to be stored below 25°C or in the fridge if indicated.

Know the early signs of heat related illness, such as tiredness, thirst, bright or dark yellow urine and sometimes dizziness or fainting, and take steps to prevent it reaching dangerous levels.

Move somewhere cool, drink water or diluted fruit juice made up of 1 part juice in 4 parts water, and avoid tea, coffee or alcohol. If you start to feel unwell, seek medical advice.

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 in with friends, neighbours and relatives, especially if you live alone.

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

Find out more about ways to beat the heat this summer at

health.nsw.gov.au/environment/beattheheat



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