

Regional Heatwave Resilience Project

Building community preparedness



COMMUNITY SERVICE ANNOUNCEMENTS TARGET ISSUE – MEDICATION IMPACTS

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.

Are Your Medications Ready for Summer

Did you know that some medications can be less effective or occasionally more toxic when exposed to and stored in high temperatures

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

Some medications can also make people more susceptible to heat related illness.

If you are taking regular medications talk to your doctor about the correct use and storage of your medications and any affects they may have on you during hot weather.

Find out more at health.nsw.gov.au/environment/beattheheat



Hunter & Central Coast
Regional Environmental
Management Strategy



Health
Hunter New England
Local Health District



Health
Central Coast
Local Health District

the
power of
humanity



Regional Heatwave Resilience Project

Building community preparedness



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 some medications can be less effective or occasionally more toxic when exposed to and stored in high temperatures?

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.

Some medications can also make people more susceptible to heat related illness.

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

You can access more information about how common medications can affect you during the heat at the New South Wales Health Beat the Heat website health.nsw.gov.au/environment/beattheheat



Hunter & Central Coast
Regional Environmental
Management Strategy



Health
Hunter New England
Local Health District



Health
Central Coast
Local Health District

the
power of
humanity



Regional Heatwave Resilience Project

Building community preparedness



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.

Extreme heat can have direct impacts on medications, making them less effective or occasionally more toxic. Check your medications are stored correctly, usually below 25°C or in the fridge if indicated.

If you are taking medications that make you more susceptible to heat related illness take steps to avoid going out into the heat, keep your house cool, or visit local places like libraries, community centres, shopping centres and cinemas if you need to cool down.

Know the early signs of heat stress – tiredness, thirst, bright or dark yellow urine and sometimes dizziness or fainting. Take steps to prevent it reaching dangerous levels.

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

Find out more about how to beat the heat at health.nsw.gov.au/environment/beattheheat



Hunter & Central Coast
Regional Environmental
Management Strategy



Health
Hunter New England
Local Health District



Health
Central Coast
Local Health District

the
power of
humanity

