

# Regional Heatwave Resilience Project

Building community preparedness



## E-MAIL ALERTS

### TARGET AUDIENCE – THE ELDERLY & PEOPLE WITH A DISABILITY

#### 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.*

**Subject line:** Heatwave Alert - Prepare for Heatwave Conditions

#### Body text

The Bureau of Meteorology is forecasting heatwave conditions in the coming days.

#### Heatwaves pose a serious risk to human health.

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

Be prepared:

- **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

Store medications correctly - usually below 25 degrees or in the fridge if indicated .If you take regular medication, talk to your doctor about any affects they may have on you during hot weather.

If you have an air conditioner, reduce running costs of by setting to 24 degrees and turning it on before the room heats up.

#### More Information:

How to prepare for a heatwave: [www.health.nsw.gov.au/environment/beattheheat](http://www.health.nsw.gov.au/environment/beattheheat)

Bureau of Meteorology weather forecasts: [www.bom.gov.au/](http://www.bom.gov.au/)



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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.*

**Subject line:** Heatwave Alert - Protect yourself from heat related illness

### Body text

The region is experiencing heatwave conditions.

Heatwaves or long periods of extreme heat can have serious impacts on your health. The elderly and people with a disability are among those most at risk.

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
- **Check in** with family, friends and neighbours so they know you are OK, and ask for help if you need it.

Extreme heat can have direct impacts on medications, making them less effective or occasionally more toxic. Store medications correctly usually below 25 degrees or in the fridge if indicated.

If you have an air conditioner, you can reduce running costs by setting the temperature to 24 degrees and turning it on before the room heats up.

### 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 and drink water. If you start to feel unwell, seek medical advice.

### More Information:

How to prepare for a heatwave: [www.health.nsw.gov.au/environment/beattheheat](http://www.health.nsw.gov.au/environment/beattheheat)

Bureau of Meteorology weather forecasts: [www.bom.gov.au/](http://www.bom.gov.au/)



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