

# Regional Heatwave Resilience Project

Building community preparedness



## E-MAIL 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.*

**Subject line:** Heatwave alert – Be prepared for extreme heat conditions

#### Body text

The Bureau of Meteorology (BOM) is forecasting heatwave conditions in the coming days

Heatwaves or long periods of extreme heat can have serious health impacts. Living in a rural or isolated area can increase the health risk because of distance to health services and the often physical, outdoor nature of rural work.

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 during the heat
- Stock up on medications, food and water for both people and livestock to avoid going out in the heat.
- 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:

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 your health

### **Body text**

Heatwave conditions are now occurring in the region.

Heat related illness is major cause of health problems for Australians every summer. Living in a rural or isolated area can increase the health risk because of distance to health services and the often physical, outdoor nature of rural work.

To reduce health impacts:

- **Drink plenty of water** and avoid alcoholic, hot or sugary drinks
- **Keep Cool** – if possible 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
- Store medications correctly- usually below 25 degrees or in the fridge if indicated.
- Cool your house by shading windows, shutting curtains and, if its safe to do so, opening windows at night to let in cool air
- Ensure animals and livestock have enough water, food and shade.

### **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:**

NSW Health Beat the Heat Website: [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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