

Regional Heatwave Resilience Project

Building community preparedness



SMS / TEXT 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.

Short (160 Character) SMS / Text Alert

Heatwave conditions are forecast.

Be prepared to protect your health.

Tips to beat the heat

www.health.nsw.gov.au/environment/beattheheat

www.bom.gov.au

Long SMS / Text Alert

The Bureau of Meteorology is forecasting heatwave conditions in the coming days. Be prepared to protect your health:

- Check your medications are stored correctly
- Ask your doctor about any impacts your medications may have on you during very hot weather
- Stock up on food, water and medications now to avoid going out when the heat arrives
- Keep the numbers of family, friends, doctors and support services by the phone in case you need assistance
- Set air conditioning to 24 degrees and turn it on before the room heats up to reduce running costs

More information:

www.health.nsw.gov.au/environment/beattheheat

www.bom.gov.au/



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.

Short (160 Character) SMS Alert

The region is experiencing heatwave conditions
Drink plenty of water
Keep cool
Check on others
More tips
www.health.nsw.gov.au/environment/beattheheat
www.bom.gov.au

Long SMS / Text Alert

The region is experiencing heatwave conditions. Protect your health.

- Drink plenty of water
- Keep cool – do less and avoid being outside during the hottest part of the day
- Check in with family, friends and neighbours so they know you are okay. If you are feeling unwell, call for help
- Store medications correctly. Most need to be stored below 25°C or in the fridge if indicated.
- Set air conditioning to 24 degrees and turn it on before the room heats up to reduce running costs

More information:

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



Hunter & Central Coast
Regional Environmental
Management Strategy



Health
Hunter New England
Local Health District



Health
Central Coast
Local Health District

the
power
of
humanity

