



Heatwaves

South Australian State Emergency Service



Easy English





Hard words

This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



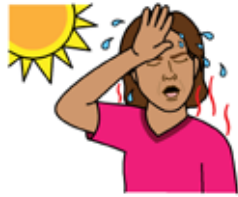
You can get someone to help you

- read this book
- know what this book is about



- find more information.

About this book



This book tells you how to stay safe in a **heatwave**.



Heatwave means it is very hot outside.



We use this warning picture to tell people about a heatwave that is happening

- now
- soon.



You might see the heatwave warning

- in newspapers



- on TV

- in posters

- on the SES website

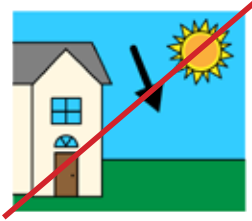


- on Facebook



- on Twitter.

Keep cool



Try **not** to go outside when the day is most hot.

The day is most hot



- at lunch time
- in the afternoon.

Plan to go out when the day is more cool. For example



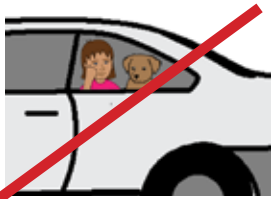
- mornings



- night time.

Some things are **not** safe in a heatwave.

In a heatwave it is **not** safe to



- leave children or pets in the car even if the air conditioning is on



- exercise.

What to wear

You can wear things to stay safe in a heatwave. For example



- hats with a big brim



- sunglasses



- clothes that feel light



- **no** dark colours

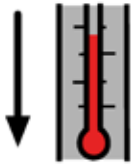


- lots of sunscreen.

Stay in a cool place



Use fans and air conditioners to keep your house cool.



Find a cool place if your house has **no** fans or air conditioner.



You might go to a cool place like the

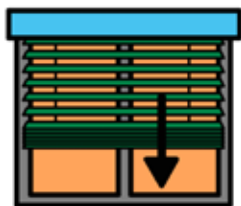
- shopping centre



- movies



- library.



Close your blinds and **awnings** at the start of the day to keep the sun out.

Awnings are like blinds on the outside of some house windows.

Stay hydrated



Hydrated means you have had lots of water to drink.

You should drink lots of water even if you are **not** thirsty.



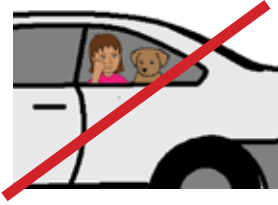
Try **not** to have drinks like

- alcohol
- tea
- coffee
- soft drinks.



Make sure your pets have lots of fresh and cool water.

Make sure other people are safe



Do **not** leave children or pets in your car when it is hot outside.

It is **not** safe to leave pets or children in your car even when you have the air conditioner on.



You might call or visit

- family



- neighbours.

There are some people who might need more help in a heatwave. For example



- older people



- babies



- people who are sick.

Do you need a doctor?



If you or your family are sick you can call your normal doctor.

You can also get help from a doctor at Healthdirect Australia anytime.

Call Healthdirect Australia on 1800 022 222



National Relay Service

TTY 133 677

Then ask for 1800 022 222

Speak and Listen 1300 555 727

Then ask for 1800 022 222

Internet relay users connect to the NRS

Then ask for 1800 022 222



More information

For more information about heatwaves contact the Government of South Australia.



Website ses.sa.gov.au



Website sa.gov.au/extremeheat

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Scope's Communication and Inclusion Resource Centre

wrote the Easy English in November, 2018. www.scopeaust.org.au

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