

HEATWAVE

Checklist

Knowing what to do can help keep you, your family and others safe and well.

Equipment connected over the nbn™ access network will not work during a power blackout. Make sure you have a battery powered radio and your mobile phone is fully charged.

BEFORE A HEATWAVE, HAVE YOU

- Planned your days to avoid going out during the hottest part of the day?
- Prepared a cool room in your house using air conditioning, fans, curtains or blinds?
- Located a cool place in your area such as a shopping centre or public library if you don't have air conditioning?
- Learnt the signs of heat-related illness such as dehydration?
- Made sure you have enough food (for family and pets), drinks and medication?
- Checked where to find heatwave warnings on the radio, television and social media?
- Thought about how you will keep your pets cool and healthy?

KEEP COOL

- Close windows, blinds and curtains in the morning
- Plan to stay inside during the hottest part of the day
- Do your outdoor activities in the early morning or evening when it's cooler
- Wear loose light-coloured clothing, a hat with a brim, sunnies and sunscreen when outside.

- Cool showers, a small wet towel, cool packs or a spray bottle help with cooling
- Setting your air conditioner to 25 degrees keeps you cool and saves money
- Sleep in the coolest room in the house
- Make sure pets have many bowls of water, cool spots and shade. Bring them inside during the day.

STAY HYDRATED

- Drink plenty of water. Carry water with you
- Have less coffee, tea, alcohol, soft or energy drinks.

CHECK THAT

- Babies, small children, older people and those with certain health conditions are drinking enough water
- Family, neighbours and friends are using their air conditioning or fans to keep cool.



For more information on preparing for and surviving a heatwave, visit sa.gov.au/heatwaves



For life threatening emergency
Triple Zero (000)

For emergency assistance
132 500

For more information
1800 362 361
ses.sa.gov.au