








Are you prepared for the heat?



What you can do

Being prepared for extreme heat is important. This will reduce your risk of being affected by the heat. Here are some simple things to do when the weather gets hot.



	Stay hydrated	Drink plenty of water, even if you don't feel thirsty. Avoid sugar-sweetened drinks, alcohol and caffeine.
	Check on others	Check regularly on relatives and friends at risk, such as the elderly and people with chronic medical conditions. Look for signs of heat-related illness.
	Clothing	Wear lightweight, comfortable clothing, especially light colours that reflect the heat.
	Minimise sun	Keep out of the sun as much as possible and avoid outdoor activities in the heat of the day. If you must go outside, wear long-sleeved clothing, sunglasses, a wide-brimmed hat and plenty of broad-spectrum sunscreen (minimum SPF30+).
	Prepare your house	If you have a fan or air-conditioner, make sure it is working (and set to cool). If you do not have a fan or air-conditioner, open doors and windows where safe to do so. Draw blinds and curtains to keep out the heat during the day.
	Pets	Make sure your pets are kept out of the sun and have plenty of cool water to drink. Avoid exercising your dog in the heat of the day.
	Seek medical advice	Remember, heat-related illness can be life threatening. In an emergency, call 000 for help. For non-urgent medical assistance, call healthdirect Australia on 1800 022 222 or call your GP.

In an emergency, call 000

For more information about coping in extreme heat, visit:
www.dhhs.tas.gov.au/publichealth/alerts/standing_health_alerts/extreme_heat

