

# Heat Health

Heat kills more Australians than any other natural disaster.

## Keep up to date



Make sure you keep up-to-date with the Bureau of Meteorology forecast online, check the Vic Emergency app or website regularly, set up for alerts for your area, and watch the news daily.

Check your district's daily Fire Danger Rating on the CFA website or call 1800 226 226.

- Heatwave Service for Australia (bom.gov.au)
- Incidents and Warnings - VicEmergency
- Welcome to CFA | CFA (Country Fire Authority)

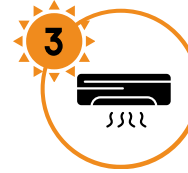
## How to prepare



Find your local cool spaces. Councils can provide spaces with air conditioning like libraries or shopping centres.



Make sure your medicines are stored at the right temperatures. You may need to move them into the fridge.



Make sure your air conditioner works at home if you have one.

## Things you can do



Stay hydrated: drink lots of water. Soft drinks and alcohol are not good for hydration, so it is best to stick with water.



Stay in the shade or cool spaces: either in air conditioning at home, or your local council's cool space. Even if you can't stay long, taking short, regular breaks can help.



Limit physical activity: take a break from exercise on very hot days. Avoid walking your dog as it can be dangerous for your health.



Don't leave anyone in hot cars: including children or pets, even if you're going to be gone a few minutes and the window is down.



Check in: on friends, family, and neighbours who are vulnerable and help them avoid the heat.



Be aware: of the symptoms of heat-related illness and when to get help. Turn over the page for heat-related illnesses.



1800 959 400

[Bendigohealth.org.au/heat-health/](https://Bendigohealth.org.au/heat-health/)



Excellent Care. Every Person. Every Time.

# Heat Health

## Heat related illnesses

It is important to recognise heat affects everyone differently. It can worsen the condition for someone with a medical condition like heart disease or diabetes, or someone not feeling well with another illness.

Below is a brief list of heat-related illnesses, but if you are concerned about yourself or someone you know, call **Nurse-On-Call (1300 60 60 24)** for advice, or **Triple Zero (000)** in an emergency.

Condition	Symptoms	What to do
Heat cramps	<ul style="list-style-type: none"><li>• Muscle pains</li><li>• Spasms in the abdomen, arms, or legs</li></ul>	<ul style="list-style-type: none"><li>• Stop activity</li><li>• Drink cool water</li><li>• Rest for a few hours before returning to activity</li><li>• See a doctor if cramps persist</li></ul>
Heat exhaustion	<ul style="list-style-type: none"><li>• Sweating</li><li>• Pale complexion</li><li>• Rapid pulse</li><li>• Muscle cramps, weakness</li><li>• Dizziness, headache</li><li>• Nausea, vomiting</li><li>• Fainting</li></ul>	<ul style="list-style-type: none"><li>• Go to a cool area and lie down</li><li>• Have a fan on if possible</li><li>• Drink cool water if not vomiting</li><li>• Remove outer clothing</li><li>• Wet skin with cool water or wet clothes</li><li>• See a doctor or call 000 for an ambulance</li></ul>
Heat stroke	<ul style="list-style-type: none"><li>• Very high body temperature</li><li>• Red, hot, dry skin (no sweating)</li><li>• Dry, swollen tongue</li><li>• Rapid pulse</li><li>• Dizziness, headache</li><li>• Nausea, vomiting</li><li>• Collapse, seizure, loss of consciousness</li></ul>	<ul style="list-style-type: none"><li>• Call <b>Triple Zero (000)</b> straight away</li></ul> <p>While waiting for help:</p> <ul style="list-style-type: none"><li>• get the person to a cool, shady area and lay them down</li><li>• remove excess clothing and wet their skin with water or wrap in wet clothes and fan continuously</li><li>• if the person is conscious and able to swallow, give them cool water</li><li>• position an unconscious person on their side if they're breathing</li><li>• Start CPR if needed</li></ul>

