

Get ready for heatwaves

How to keep your family and home safe

Easy Read version



 **Heatwaves**



Australian Government

**National Emergency
Management Agency**

How to use this document



We are Get Ready Australia.

We wrote this document.



We wrote some words in **bold**.

We explain what these words mean.

There is also a list of these words on page 23.



You can ask someone you trust for support to:

- read this document
- find more information.



This is an Easy Read summary of another document.

It only includes the most important ideas.



You can find the other document on our website.

getready.gov.au

What's in this document?

What is a heatwave? 4

What is heat stroke? 6

Who is at risk from heatwaves? 10

How do you get ready for a heatwave? 14

Where can you find more information? 21

Word list 23

What is a heatwave?



A **heatwave** is when the weather is hotter than normal for 3 or more days.



Heatwaves are very dangerous when the nights are hot too.



This makes it hard to cool down your body.



Heatwaves can happen anywhere.
Even in places that are normally cool.



Heatwaves are more dangerous than any other **emergency** in Australia.



An emergency is a dangerous situation when people need help straight away to stay safe.



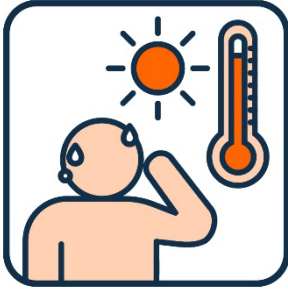
More people die from heatwaves than other weather emergencies, like **bushfires**.



A bushfire is a very bad fire that burns through grass and forests.

What is heat stroke?

Heatwaves can cause **heat stroke**.



Heat stroke is when your body:

- gets too hot
- and
- can't cool down.

Heat stroke can make people:



- feel confused or dizzy



- feel like throwing up.

Heat stroke can also make people:



- get headaches



- have sore muscles



- have a fast heartbeat



- have a high body temperature.

How you can help someone with heat stroke



You should call Triple Zero right away.

000

You can also help the person cool down by:



- lying them down in a cool or shady place



- taking off clothes they don't need –
like long sleeves or jackets



- wetting their skin with cold water.



If they are awake and talking, you can get them to drink water:

- in small sips
- and
- often.

Who is at risk from heatwaves?



Heatwaves and heat stroke can affect everyone.

People are more at risk of heat stroke if they:



- are young children



- are older than 65 years



- are pregnant or breastfeeding.

People also are more at risk of heat stroke if they:



- work outside

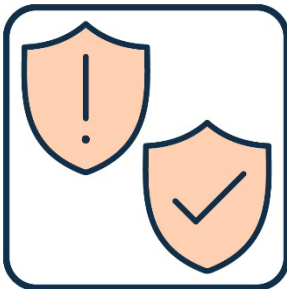


- have other health conditions.

How to find out if you are at risk in a heatwave



We use the Australian Warning System for heatwaves across Australia.



This is how **emergency services** show:

- how dangerous a heatwave is
- what you should do to stay safe.



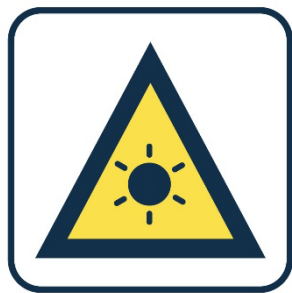
Emergency services help protect people and make them safe in dangerous situations.

For example, the police and firefighters.



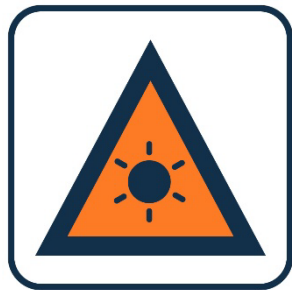
The Australian Warning System has 3 warning levels.

1. Advice:



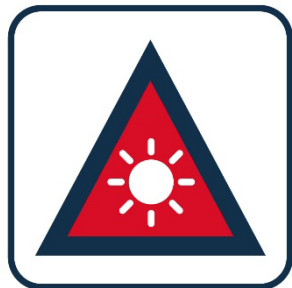
- an emergency has started
- you are not in danger yet
- you should stay up to date with what is happening.

2. Watch and Act:



- an emergency is getting worse
- you might be at risk
- you need to start taking action.

3. Emergency Warning:



- you are in danger right now
- you must take action
- waiting puts your life at risk.

How do you get ready for a heatwave?



To get ready for a heatwave you should talk to your friends and neighbours.

They might know important information that can help you.

You should also:



- get your home ready



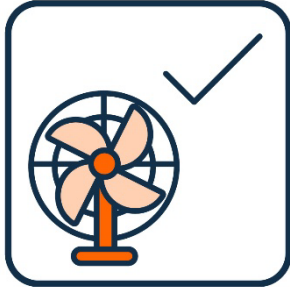
- make an emergency plan



- pack an emergency kit.

Get your home ready

To get ready for a heatwave you should:



- get fans and air conditioners for your home
- make sure your fans and air conditioners are working.



You should:

- close window shades
- shut curtains.



You can also make changes to your home to stop hot air getting in.

For example, covering up air leaks around doors and windows.

Make an emergency plan



An **emergency plan** explains what you will do to stay safe if a heatwave happens.



You should:

- make your plan with people you live with
- write your plan down.



Your plan should include important phone numbers you might need in an emergency.

For example, emergency services.

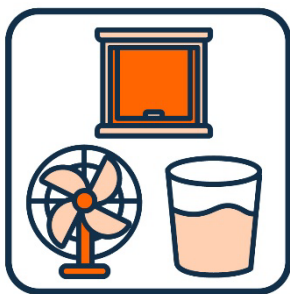


You can also include a list of people you might be able to help in a heatwave.

For example, people who need extra care.



Your plan should include information about what you can do to stay cool at home.



For example:

- close blinds before it gets too hot
- use fans
- drink water.



Your plan should also include where you can go to stay cool.



This might be a place in your community with good air conditioners.

For example:



- a shopping centre



- the movies



- a library



- a community centre.



You should also make sure you carry water everywhere you go.

Pack an emergency kit



People can lose their power in a heatwave.

So it is important you have an **emergency kit** ready in case.



An emergency kit includes important items that can help you:

- stay safe
- leave quickly
- protect yourself and your home.



You should have enough things in your emergency kit to last you for at least 3 days.



This is just in case you must stay home without power or water.



You should keep your emergency kit in a place that is:

- dry
- easy to get to.



Everyone in your home should know where your emergency kit is.

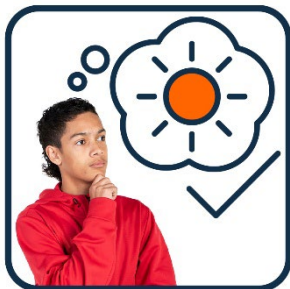
Where can you find more information?



You can visit our website to find more information.

getready.gov.au

We can help you:



- learn more about what to do in a heatwave



- learn how to contact emergency services in your state and territory



- get emergency warnings for your area.



You can stay up to date when a heatwave is happening by listening to:

- ABC radio
- SBS radio.



If you speak a language other than English, you can call the Translating and Interpreting Service (TIS National).

131 450

Word list

This list explains what the **bold** words in this document mean.



Bushfire

A bushfire is a very bad fire that burns through grass and forests.



Emergency

An emergency is a dangerous situation when people need help straight away to stay safe.

Emergency kit



An emergency kit includes important items that can help you:

- stay safe
- leave quickly
- protect yourself and your home.



Emergency plan

An emergency plan explains what you will do to stay safe if a heatwave happens.



Emergency services

Emergency services help protect people and make them safe in dangerous situations.

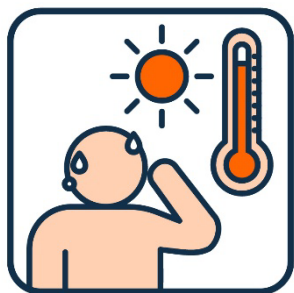
For example, the police and firefighters.



Heatwave

A heatwave is when the weather is hotter than normal for 3 or more days.

Heat stroke



Heat stroke is when your body:

- gets too hot
- and
- can't cool down.



The Information Access Group created this Easy Read document using stock photography and custom images.

The images may not be reused without permission.

For any enquiries about the images, please visit

www.informationaccessgroup.com.

Quote job number 6413-E.