

Get ready for heatwaves

Prepare your family and home for heatwaves.



Did you know?

- Heatwaves are Australia's **deadliest natural hazard**, causing more deaths than bushfires, floods, or storms.
- Older people, young children, and people with health conditions are most at risk.
- Heatwaves can happen **anywhere** in Australia, even in cooler regions.

What is a heatwave?

A heatwave is three days of unusually hot weather, with high temperatures during the day and night. The risk is greater when nights stay hot, making it harder for your body to cool down.

Am I at risk?

Everyone can be affected by heatwaves. Heatwaves can cause **heat stroke**, a life-threatening condition where your body gets too hot and cannot cool down. Young children, people over 65, pregnant or breastfeeding women, outdoor workers, and those with chronic illnesses are most at risk.



How to prepare for a heatwave

Preparing today can help you stay safe if there is a heatwave. Talk with everyone in your home and prepare together so each person knows what to do.

To prepare for a heatwave, you should:



Ready your home



Make an emergency plan



Pack an emergency kit



Talk to your neighbours and local community

Warning Information

The Australian Warning System is used by emergency services to show how serious the risk is from an active heatwave. There are three warning levels that provide guidance on the actions you should take.



Advice



Watch
and Act



Emergency
Warning

To learn more, visit the website

getready.gov.au



Australian Government
National Emergency
Management Agency

Ready your home



- Install or service fans and air conditioning.
- Use window shades and curtains.
- Improve insulation and seal air leaks to keep hot air out.

Make an emergency plan



Talk to your family about what you will do when there is a heatwave.

Preparing today can help you stay safe and reduce stress when there is a heatwave. Writing it down helps everyone in your home know what to do.

An emergency plan is a written document. **Here's what to include in your plan for a heatwave:**

Who will you call in an emergency?

- Keep a list of important phone numbers in case you need help.

Remember - you can always be a help to others too. Keep a list of people in your community who may need extra care and check in on them.

What can you do to stay cool at home?

- Close blinds or curtains early in the day
- Improve air circulation with fans and ventilation
- Stay hydrated with water, wear light clothing, take cool showers.

Where can you go to stay cool?

- If you can't stay cool at home, go to an air-conditioned shopping centre, cinema, library or community centre.
- Carry water everywhere you go.

Regularly check state and local government emergency service websites and social media for updates on conditions in your area.

Warning signs of heat stroke



Be alert for the following symptoms in yourself and others:

- Confusion, dizziness, or fainting
- Nausea or vomiting
- Headache
- Muscle cramps
- Rapid heartbeat
- Very high body temperature

If someone shows signs of heat stroke, **call 000 immediately**. Help them to cool down by lying them down in a cool or shady area, removing excessive clothing and moistening their skin with cold water. If fully alert and responsive, give them frequent small drinks of water.

Pack an emergency kit



An emergency kit is a box or bag of essential items you can pack today so you are ready if a heatwave or other emergency happens.

Have at least three days of supplies in case you must stay home without power or water.

Keep your kit in a dry, easy-to-reach place, and make sure everyone in your home knows where it is.



Where to get more information

Find the contact details for your state or territory emergency services.

getready.gov.au



Learn how to receive warnings and prepare for heatwaves and other natural hazards.

During a heatwave, listen to local alerts and updates on ABC or SBS radio.

Call **131 450** for the national Translating and Interpreting Service (TIS).

