

# EXTREME HEAT FACT SHEET



**By knowing what to do during a heatwave you can help reduce the risks to you and your family.**

Look out for the Extreme Heat Warning symbol . You may see the extreme heat symbol in the media and in social media, websites, posters and brochures.

This is a signal that a heatwave may be coming or that we are currently experiencing a heatwave.

The following information will help you and your family reduce the risks.

## Keep cool



If possible, avoid going outside during the hottest part of the day. Plan ahead. Wait until the evening or first thing in the morning when it's usually cooler.



When outside, make sure you wear a broad-brimmed hat, sunglasses, loose fitting and light-coloured clothing and plenty of sunscreen.



Under no circumstances leave children or pets in a parked car, even for a short time with the air conditioning on.



Avoid strenuous exercise or physical activity, especially in the hottest part of the day.



Make sure you use your air conditioners and fans. If you don't have air conditioners or fans spend the day somewhere that does, such as a shopping centre, cinema or public library.



Close your curtains, blinds and awnings at the start of the day to keep out heat. Open them at night to let the heat escape.

## Stay hydrated



Drink plenty of water each day, even if you are not feeling thirsty, and avoid alcoholic or caffeinated drinks.



Don't forget your pets; they need fresh, cool water too.

## Check on those at risk



Regularly call or visit family members, friends and neighbours to make sure they are managing the heat. Watch for signs of heat stress.



Ensure they are drinking plenty of water and using air conditioners and fans.



Remember that the elderly, young children and babies, along with those people with certain medical conditions, are particularly vulnerable to the effects of heat.

## If you or your family need medical attention:



Contact your local doctor, or phone Healthdirect Australia on 1800 022 222 at any time.

**In an emergency or life-threatening situation call Triple Zero (000) and ask for 'ambulance'.**

**And remember, the effects of a heatwave on you and your family's health may continue for several days after the heatwave ends.**



For more information on preparing for and surviving a heatwave, visit [sa.gov.au/extremeheat](http://sa.gov.au/extremeheat)

