

Heatwave preparation checklist

EVERYONE IS AT RISK OF HEAT-RELATED ILLNESS

get
ready
QUEENSLAND



Monitor the weather, you can use the **Bureau of Meteorology Heatwave Service**.

- Be aware of overnight and maximum daytime temperatures and how long the heatwave has gone for.



Know who you will call for help.



Know who you will check on, such as neighbours, friends, relatives and those who live alone.



Know local cool public spaces like libraries and shopping centres.



Understand how to manage your medical condition by asking your doctor:

- If your medical condition will be affected by extreme heat
- How much water you should drink in hot weather, especially if you normally need to limit the amount you drink
- How your medications could affect your health in the heat.



Store enough medication at the right temperature.



Prepare your home by:

- Storing cool packs in the fridge or freezer and making ice cubes
- Filling spray bottles with cool water to use on your face and body
- Checking fridges, freezers, fans and air-conditioners work well
- Stocking up on food and drinking water
- Creating cool rooms and cross breezes in your house
- Protecting windows from the sun by using blinds or curtains



Pack an emergency kit in case the power goes out.

- This could include a torch, batteries, portable phone charger, candles, matches, a battery-operated radio and a first aid kit.



For more information visit
www.health.qld.gov.au/heatsafe



Queensland
Government