

Beat the heat



Heatwave preparation checklist

- Monitor the weather, you can use the Bureau of Meteorology Heatwave Service
- Know who you will call for help
- Know who you will check on, such as neighbours, friends, relatives and those isolated
- Understand how to manage your medical condition in the heat
- Store enough medication at the right temperature
- Check fridges, freezers, fans and air-conditioners work well
- Have cool packs and make ice cubes
- Check you have enough food and drinking water
- Create cool rooms and cross breezes in your house
- Protect windows from the sun by using blinds or curtains
- Know your local cool public places
- Have a power failure emergency kit
- Be bushfire prepared



health.nsw.gov.au/environment/beattheheat
bom.gov.au/australia/heatwave