

# Heat Action Plan

## What to know about heatwaves



### Heatwave Warnings WA



Advice - Stay up to date

Prepare now for a heatwave that will affect your area in coming days



Watch and act - start taking action

Start taking action and prepare for very hot conditions



Emergency warning- act immediately

Drink water, stay indoors or seek out air-conditioned places. Be aware of heat stress, and check on family and friends, especially the elderly.

### How to Keep Cool

- **Keep hydrated** by drinking plenty of fluids. Fluids include water, diluted juice (mixed with water) and low sugar sports drinks.
- **Stay indoors with your air-conditioner or fan on** (ensure adequate ventilation if using a fan). If you do not have air-conditioning or a fan, close windows and doors shutting off rooms you do not need access to block out the heat.
- Limit time outdoors. **If you need to go outside, try to do so in the early morning or late evening.** If you do go outside make sure to put on a hat and sunglasses, apply sunscreen and try to stay in the shade.
- **Take care when you buy, store, and handle food** in hot weather to reduce the risk of food poisoning.
- **Wear lightweight, light-coloured and loose-fitting clothing.** Use natural fibre fabrics; cotton, linen and silk work best in absorbing sweat and allow the skin to breath.
- **Sleep with just a sheet over you** in the coolest part of the house.
  - If your pet sleeps with you and 'warms up' the bed, it may be time to find them a different place to sleep!
- If possible, try to avoid warming up your home by using an oven or stove when cooking.
- Think about **installing insulation** and roof cavity cooling if you do not have it already.
- **Keep curtains, blinds and windows closed during the day.**
- **Take a cold shower or put your feet in cold water to cool yourself off.**

\*Sign up for check in calls during heatwaves by emailing [btnshire@bridgeton.wa.gov.au](mailto:btnshire@bridgeton.wa.gov.au)

See more at <https://www.healthywa.wa.gov.au/>  
<https://www.emergency.wa.gov.au/>

# Heat Action Plan

## Planning Actions for Heatwaves and High Temperatures



### MY INFORMATION

Person	Medicare Number	Centerlink Numer	Existing Medical Conditions

#### Signs to remember:

**Signs of heat stress include:** tiredness and lethargy, headache, dizziness, feeling faint, muscle cramps, feeling thirsty, urinating less often

**Signs of heat stroke include:** confusion, incoherent speech, abnormal walking, coma or seizure  
*If experiencing heat stroke, call an ambulance.*

Source: Department of Health

### PEOPLE TO REACH OUT TO DURING/BEFORE/AFTER HEATWAVES

Name	Phone	Email or Address	Reason for contacting

This Heat Action Plan reworked existing elements from the Red Cross RediPlan and P-CEP plans, for more detail go to:

[redcross.org.au/prepare](https://redcross.org.au/prepare) or

<https://collaborating4inclusion.org/pcep/>



**Disaster Risk**  
REDUCTION & RESILIENCE

# Temperatures and Actions to Keep Cool

	Prepare	Respond	Recover
Heatwave Touch Points			
Temperature Touch Points			
35-37C			
37-39C			
40>C			
Heatwave Advice			
Heatwave Watch and Act			
Heatwave Emergency Warning			
Other:			

If you would like to receive a call during heatwaves to check in, sign up by sending an email to

**[btshire@bridgeton.wa.gov.au](mailto:btshire@bridgeton.wa.gov.au)**



*Remember, your community can support you and there are resources available. Also don't forget to plan for your loved ones who might need help in high heat, even pets*