

# Heat Action Plan- For Individuals



## 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.**
- **Check what resources your local government offers**

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/>

# Temperatures and Actions to Keep Cool

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

To receive heatwave warnings sign up for BOM notifications for your area in the BOM app



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