Heatwave?







Important Contact Information

For medical advice telephone Healthdirect Australia on

1800 022 222

For immediate medical assistance telephone

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For SES response telephone **132 500**

For life threatening emergencies telephone **000**

To volunteer visit www.ses.sa.gov.au or telephone 1300 364 587

STATE EMERGENCY SERVICE

Heatwave Information Guide











What is a

A heatwave is a prolonged period of excessively hot weather.

During the last 150 years, heatwaves have caused more deaths in Australia than any other natural hazard.

With global warming resulting in rising temperatures and common extreme weather circumstances, summer heatwaves have become a part of life in Australia.

It is important that we prepare for heatwaves to ensure that we stay safe and well during these times.

This guide provides some simple steps to surviving a heatwave and also lists the signs to look out for in others to ensure everyone's safety.

Are you prepared for the heat?

Extreme heat events can have a detrimental impact on communities. They affect many parts of everyday life such as health and wellbeing, energy and infrastructure, public transport and agriculture. They also create increased fire risk and heat stressed trees, which pose a significant threat to public safety.

There are three stages of heat stress which are outlined in this guide. The most serious health effect of extreme heat events is heat stroke, which is the failure of the body's temperature control system. Heat stroke can cause severe and permanent damage to vital organs. If not treated immediately, heat stroke can result in permanent disability and even death.

The good news is there are some simple things you can do to reduce the impact of extreme heat.

Stay hydrated



You should drink two to three litres of water a day even if you don't feel thirsty. Avoid 'fizzy', alcoholic and caffeinated drinks and do not take salt tablets (unless instructed to by a GP).

Dress for summer



Lightweight, light coloured clothing reflects heat and sunlight and helps your body maintain a normal temperature.

Check on those at risk



Visit at-risk individuals such as the sick and elderly at least twice a day and keep an eye on children. Watch for signs of heat-related illness.

Minimise sun exposure



Keep out of the sun as much as possible. If you must be in the sun, wear a shirt, hat and sunglasses. Also make sure you wear sunscreen to prevent sunburn, which limits the body's ability to cope with heat.

Prepare your home



Prepare your home early. Service or replace your air conditioner BEFORE you need it. Curtains, awnings and blinds can also help to keep the home cool.

Make use of air conditioning



If you don't have air conditioning, make use of public facilities such as shopping centres, art galleries, cinemas or other air-conditioned buildings. Portable fans are also useful in drawing in cool air, or exhausting warm air from a room.

Remember your pets



Pets can be particularly vulnerable to the heat. Make sure they have shade and plenty of cool water to last the day.

Seek medical advice if necessary



Refer to the back of this brochure for contact details, or consult your GP.

Who is most at risk?

The heat can affect anyone, but some people run a greater risk of serious harm. Those at serious risk include:

- · elderly people
- babies and young children
- people with serious mental health problems
- people on certain medication
- people with serious chronic conditions (particularly breathing or heart problems)
- people who already have a high temperature
- people with mobility problems
- people who misuse alcohol or take illicit drugs
- people who are physically active, such as manual workers and sports people.

HEAT STRESS SYMPTOMS AND FIRST AID TREATMENT

DISORDER	SYMPTOMS	WHAT YOU SHOULD DO
Unusual discomfort and heat cramps	 Heavy sweating Thirst Tiredness Irritability Loss of appetite Prickly heat rash Nausea Muscle spasms, twitching Moist, cool skin Painful muscle cramps (limbs and abdomen) 	 Drink more water Have a cold shower or bath Lie in a cool place with legs supported and slightly elevated Massage muscles gently to ease spasms, or firmly if cramped Apply ice packs Drink glucose Do not have salt
Heat exhaustion	 Profuse sweating Cold clammy, pale skin Fatigue, weakness and restlessness Headache and vomiting Weak but rapid pulse Poor coordination Normal temperature, but faintness 	 Lay victim down in a cool place as above Loosen clothing and apply wet cloths to head and body Fan, or move victim to an air-conditioned area Give sips of cold water If vomiting continues, seek medical assistance immediately
Heat stroke	 Confusion Headache Nausea Dizziness Skin flushed, hot and unusually dry Dry swollen tongue High body temperature Rapid strong pulse at first, then weaker Deep unconsciousness may develop rapidly 	 Seek medical advice urgently Lay victim in cool place as above and remove outer clothing Check airway and breathing (if unconscious) Cool victim quickly, applying cold water, or wrap in a wet sheet and fan them When conscious, give sips of water For immediate medical assistance telephone 000