



Beat the Heat

this Summer

Western Sydney is generally hotter than the rest of Sydney, with more days reaching temperatures over 35 degrees per year than in the Sydney CBD. Heatwaves are responsible for more deaths in NSW than any other severe weather event.

It is important to be aware of how to prepare for heatwaves, how to stay cool and what to do if you or a loved one becomes unwell.

How to Prepare for a Heatwave

If hot or extreme weather is forecast, there are several things you can do to prepare and keep you and your family safe. These include:

- Drinking plenty of water
- Avoiding strenuous activities during the hottest time of the day
- Taking frequent breaks in cool, shaded areas
- Monitoring the local temperature and weather conditions and staying inside if necessary
- Checking in with those most at risk and telling them what they can do during a heatwave

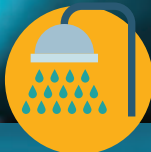
What to do During a Heatwave



Lie down in a cool or shady area



Remove extra layers of clothing and any tight clothes




Put your hands and feet in cold water, or have a cool shower



Cool by moistening skin and fanning



Have frequent, small sips of water



Who is Most at Risk in a Heatwave?

Whilst we are all at risk of heatstroke or feeling unwell during prolonged periods of heat, expectant mums, young children, the elderly, people with chronic illness and outdoor workers are most vulnerable. Being aware of the forecast and preparing for heatwaves is key to maintaining health during severe weather conditions.

Bushfire Season

With warmer weather conditions comes increased bushfire risk. Being prepared for a bushfire is not only about preparing your home or property, but also your physical, emotional, and mental health.

Health concerns during a bushfire include smoke irritation, asthma, burns, heat-related illness and other heart and lung conditions. For more information on how to prepare and stay well,

please visit the [NSW Health bushfires and bushfire smoke](#) page.

Worried about the Heat?

Heat can be extremely dangerous. Exposure to high temperatures can lead to dehydration, heat exhaustion or even heat stroke which can be a life-threatening condition.



Symptoms to look out for

- Excessive sweating
- Thirstiness
- Headache or dizziness



Contact your GP or visit a local Urgent Care Service centre, if you experience:

- High body temperature (above 40°C)
- Nausea
- Confusion and fainting
- Call 000 in an emergency



**CALL THE
URGENT
CARE LINE
1800 371 372**