

# HEATWAVE TIPS

## BEFORE AND DURING A HEATWAVE

- **Stay hydrated:**  
Drink 2-3 litres of water daily and avoid alcohol and caffeine.
- **Stay inside or in the shade:**  
Wear a hat and light coloured, loose fitting clothes.  
Wear sunglasses and sunscreen, and take water with you.
- **Eat light:**  
Fruit and vegetables are watery and help to keep you hydrated and therefore cooler. (They are also easier to digest than fatty food.)
- **Use a fan:**  
A loose cotton, damp cloth or scarf on the back of the neck can also help you stay cool. If it's not humid, place a shallow bowl of ice in front of a fan and enjoy the breeze.
- **Don't leave children or pets in parked vehicles.**
- **Look after your pets:**  
Make sure pets have shade and plenty of cold water.
- **Seek medical help for heat stress:**  
Symptoms include headache, vomiting, confusion and a swollen tongue.

## AFTER A HEATWAVE

- Keep drinking water regularly
- Be careful around trees as they often drop limbs when it is hot
- Check on friends and family

**Bureau of Meteorology:** <http://www.bom.gov.au/>

**Red Cross Tips:** <http://www.redcross.org.au/10-hot-weather-tips-to-get-you-through-a-heatwave.aspx>

# STORM TIPS

## BEFORE A STORM

- Disconnect electrical items where possible.
- Close windows and doors.
- Make a safe place for pets.
- Move cars away from trees if you can.
- Move or secure any loose items outside, such as chairs.
- Check if family members are safe and prepared.
- You may want a torch (if the power goes out).

## DURING A STORM

- If conditions are severe stay indoors and keep away from windows.
- Stay tuned to ABC radio (ABC emergency on facebook) for latest information and advice.
- If you're in a car, slow down, turn on headlights and be alert for hazards on the road such as trees or powerlines.
- Don't enter floodwater.

## AFTER A STORM

- Keep tuned to ABC radio (ABC emergency on facebook) for latest information and advice.
- Check your house for damage when safe to do so.
- Stay clear of creeks, drains and other waterways in case there is a risk of flooding.
- Be careful of fallen trees, powerlines and damaged buildings.
- Check on friends and family when safe to do so.
- Phone SES on 132 500 if emergency assistance is needed.

**Bureau of Meteorology:** <http://www.bom.gov.au/>

**SES:** <http://www.ses.vic.gov.au/>

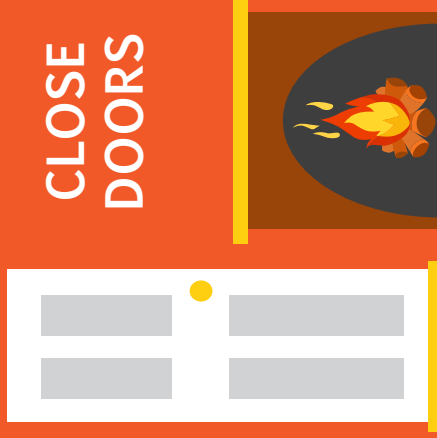
**ABC News Emergency:** <http://www.abc.net.au/news/emergency/>

## SWITCH OFF LIGHTING



Turn off outside lights when not needed.  
Turn off lights during the day when you can rely on natural light.  
Turn off the lights when you leave the room.

## CLOSE DOORS



Only heat or cool rooms being used.  
Turn off heating/cooling overnight or whilst you are out.

## SWITCH OFF STAND-BY



Turn off TVs, DVDs and computers at the wall when not in use.  
Switch off phone chargers and microwaves when not in use.  
Smaller TV = Smaller bill.

## FRIDGES & FREEZERS



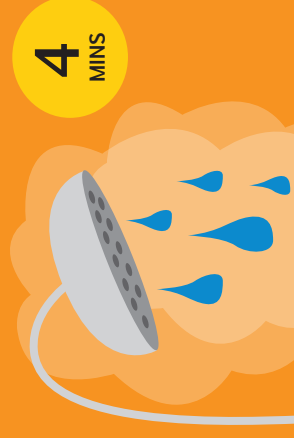
Set freezers between  $-15^{\circ}\text{C}$  and  $-18^{\circ}\text{C}$ .  
Set fridges between  $3^{\circ}\text{C}$  and  $5^{\circ}\text{C}$ .  
Turn off extra fridges and freezers when not needed.  
Make sure door seals work properly.

## HEATING



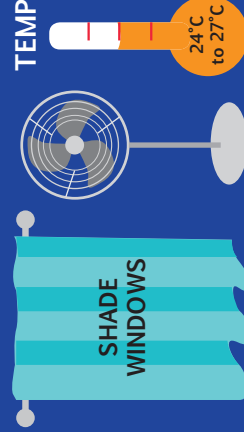
In Winter set heater between  $18^{\circ}\text{C}$  and  $21^{\circ}\text{C}$ .  
Let sun shine in through windows.  
Put on a jumper before turning on heater.  
Close windows and seal all draughts.  
Close curtains at night. Close front & back doors to keep the heat in during Winter.

## HOT WATER



Take showers of 4 minutes or less.  
Ensure hot water temp at the tap is between  $55^{\circ}\text{C}$ - $60^{\circ}\text{C}$  and inside the hot water tank needs to be min  $60^{\circ}\text{C}$ .  
Wash hands in cold water and turn off tap when brushing teeth.  
Report leaking taps and toilets.

## COOLING



In Summer set air conditioner between  $24^{\circ}\text{C}$  and  $27^{\circ}\text{C}$ .  
Shade windows during the day.  
Seal all draughts.  
Use fans, they are cheap to run.  
Avoid using the oven during heatwaves.  
Open windows at night to cool the house.  
Keep split system filters clean.

## WASHING CLOTHES



Wash clothes in cold water and save.  
Use clothesline or clothes horse to air dry.  
Only wash full loads.  
Use economy cycle on washing machine.