

# Heat can be fatal

## H | HOME

Your living conditions can increase your risk of heat-related illness

These may include not having enough

- Shade
- Space
- Access to drinkable water
- Ventilation
- Cooling
- Power for cooling
- Home insulation



## E | ENVIRONMENT

People living alone, working outdoors, or those with difficulty hearing, reading or seeing warnings, or unable to travel for any reason may struggle to reach help or get relief from the heat

Limited phone or internet access can mean missing important weather and emergency warnings



## A | AGE & UNDERLYING CONDITIONS

Older adults, young children and those with health conditions are more vulnerable to heat

Babies and young children can overheat quickly, while older adults are less able to adjust to heat

Heat can make symptoms from chronic illnesses like heart disease, diabetes, kidney disease, mental health conditions and respiratory disease worse

Pregnant and breastfeeding women are at increased risk of dehydration in hot weather



## T | TAKING CERTAIN MEDICATIONS



Some medications make it harder for the body to adjust to heat

Discuss the impact that your medications can have with your healthcare provider

# There are ways to stay safe

## S | STAY COOL & DRINK WATER

On hot days, keep drinking fluids, especially if you need to be outdoors or physically active



Cool your home or go somewhere cool if you can

A wet towel or cloth around the back of your neck or shoulders can help you stay cool



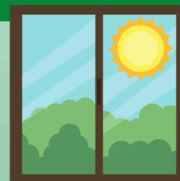
If you usually limit how much you drink for medical reasons, talk to your health provider about how much water you should drink during hot weather

## A | AVOID BEING OUTSIDE IN THE HEAT OF THE DAY

During the hottest parts of the day,

seek shelter

somewhere cool and avoid being outside



Tip: Your community may have cool spaces where you can go to get cool

## F | PHONE FAMILY AND FRIENDS



On high heat days, it's important to check in with family, friends and neighbours, especially those at risk of getting sick because of the heat



## E | EMERGENCY ALERTS

Check the weather report at the start of the day

Get alerts and updates on ABC radio or from the VicEmergency app or website

