Heat health newsletter articles

Target audience: general public

*180 words*

**Are *you* prepared for the heat?**

With summer on the way, it’s time to think about what to do on days when it’s extremely hot.

Hot weather can cause serious illness, but this can be avoided with some simple preparations.

Do you know what to do?

|  |  |
| --- | --- |
| cup icon | Drink plenty of water, even if you don't feel thirsty. |
| Faces icon | Check on others, especially older adults and people with health problems. |
| Sun icon | Keep out of the sun. If you must go outside, wear lightweight protective clothing, a hat, sunglasses, and use plenty of broad-spectrum sunscreen (minimum SPF30+). |
| House icon | If you have a fan or air-conditioner, make sure it is working (and set to cool). If you do not have a fan or air-conditioner, open doors and windows where safe to do so. Close curtains and blinds. |
| Pet icon | Make sure your pets are kept out of the sun and have plenty of cool water to drink.  |
| Stethoscope icon | Be aware of the early signs of heat-related illness: thirst, dizziness, irritability, tiredness, sweating and muscle twitches. Cool down or seek help. In an emergency, call 000 for help. |

For more information, visit [www.dhhs.tas.gov.au/publichealth/alerts/standing\_health\_alerts/extreme\_heat](http://www.dhhs.tas.gov.au/publichealth/alerts/standing_health_alerts/extreme_heat)

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* who is at risk of heat-related illness
* signs of heat-related illness and what to do
* what you can do to cope in hot weather.

For additional information, download the [Guide to Coping in Extreme Heat](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0003/146235/Guide_to_Coping_in_Extreme_Heat.2018.pdf). This includes:

* checklists to help you prepare for extreme heat
* information on how to recover from extreme heat
* a list of important phone numbers and web addresses.

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* checklists to help you prepare for extreme heat
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You can also download fact sheets on a variety of topics related to coping in extreme heat, including:

* [Advice for older people](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0004/146299/Extreme_heat_-_health_advice_Advice_for_older_people.pdf)
* [Being active in the heat](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0014/146300/Extreme_heat_-_health_advice_Being_active_in_the_heat.pdf)
* [Caring for an older person](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0015/146301/Extreme_heat_-_health_advice_Caring_for_an_older_person_during_extreme_heat.pdf)
* [Caring for babies and young children](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0016/146302/Extreme_heat_-_health_advice_Caring_for_babies_and_young_children_people.pdf)
* [Caring for pets and wildlife](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0017/146303/Extreme_heat_-_health_advice_Caring_for_pets_and_wildlife.pdf)
* [Clothing to wear during the heat](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0018/146304/Extreme_heat_-_health_advice_Clothing_to_wear_during_the_heat.pdf)
* [Older children and teenagers](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0019/146305/Extreme_heat_-_health_advice_Older_children_and_teenagers.pdf)
* [People with ongoing physical or mental health conditions](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0020/146306/Extreme_heat_-_health_advice_People_with_ongoing_physical_or_mental_health_conditions.pdf)
* [Pregnancy tips during extreme heat](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0003/146307/Extreme_heat_-_health_advice_Pregnancy_tips_during_extreme_heat.pdf)
* [Preventing heat-related illness](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0004/146308/Extreme_heat_-_health_advice_Preventing_heat-related_illness.pdf)
* [Safe food handling during extreme heat](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0005/146309/Extreme_heat_-_health_advice_Safe_food_handling_during_extreme_heat.2018docx.pdf)
* [Sleeping when it’s hot](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0015/146310/Extreme_heat_-_health_advice_Sleeping_when_its_hot._2018.pdf)