



Emergency contact details

Where to get help

If you are unwell, contact your doctor or go to the nearest hospital emergency department.



In an emergency, call 000 for an ambulance.

More information

Visit the Willoughby City Council website for more information about heatwaves and other emergencies:

www.willoughby.nsw.gov.au/resilient-willoughby

Go to the NSW Government website for more information about how to prepare for heatwaves:

www.health.nsw.gov.au/environment/beattheheat

Funded under the joint State and Commonwealth Natural Disaster Resilience Program. The views expressed herein do not necessarily reflect the views of the NSW Government.

Checklist:

Who will you call for help during a heatwave?

Name: _____

Phone number: _____

Who will you check on during a heatwave to make sure they are okay?

Name: _____

Phone number: _____

Where will you go if your home is too hot?

Do you have:

☐

A torch

☐

A radio

☐

Spare batteries

☐

Cold water to drink

☐

Ice in the freezer

☐

Fans

Visit Willoughby City Council website for more information about emergencies in your language:

www.willoughby.nsw.gov.au/resilient-willoughby



GET READY FOR EXTREME HEAT

Extreme heat can lead to illness.

Watch for signs and symptoms:



Dizziness



Headache



Very thirsty



Fainting



Confusion



Nausea or vomiting





How to stay safe in extreme heat

Know the risks of extreme heat

Some people are more at risk than others of becoming sick on hot days.

You can help by checking in on your vulnerable family members, friends and neighbours during heatwaves.

People who are more at risk include:



Babies and children



Older people



People with existing illnesses



Pregnant women

Prepare now for extreme heat



Check your air conditioners and fans



Install blinds or curtains to cover your windows



Have ice cubes in the freezer



Prepare an emergency kit in case of power failure – torch, batteries, radio, etc



Talk to your doctor about whether your medical condition will be affected by heat



Prepare a plan - Know who to call for help and make a list of people and phone numbers



Stay cool on hot days



Stay hydrated:

- » Drink lots of water
- » Avoid alcohol and sugary drinks



Keep your body cool:

- » Have a cool shower
- » Wear light-coloured loose clothing
- » Stay out of the sun during the hottest times of the day 11am – 5pm



Keep your home cool:

- » Close your doors, windows and blinds in the day to block out the sun
- » Open your windows at night to let cool air in

Is your home too hot? Find a cool place

Your local library

Swimming pool

The house of a friend or family member

Publicly accessible buildings with air-conditioning, like a shopping centre

Local park with trees, shade and water