



# Staying healthy in hot times

Here are a few steps you can take  
to stay healthy during heatwaves:

**Prepare** | **Stay Cool** | **Recover**



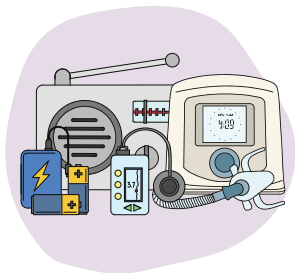
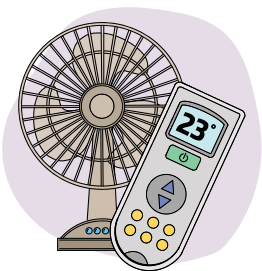
**Aboriginal  
Health Council  
of Western Australia**

# Prepare Before the hot weather

## Prepare your house

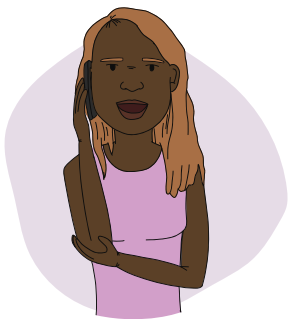
Looking after your home is looking after you.

- Clean your aircon and fans
- Check that windows can open and close
- Check fly screens are okay
- Report maintenance to housing
- Plant sturdy shady trees to shade the house from the sun for long term.



## Prepare your devices and kit in case of a power outage

- batteries
- radio
- torch
- first aid kit
- check that your medical devices work without power
- charge your devices (mobile phone)



## Prepare yourself

Make sure you're doing ok!  
If you need extra support, talk to your local SEWB team or your AMS.

## Prepare your medicines

Do your medicines need to be in the fridge? Talk to your doctor or pharmacist about your correct dosages for a heatwave and if you need to store medication in the fridge or a locked esky.



## Prepare your mob

Check in with family and friends in your community, especially elders and young mob as heat treats them differently. Ensure your mob understand what they need to do to get prepared.



## Prepare your food

Stock up on food that won't go bad and can be stored in a cool, dry space. Make sure you have ice trays for your freezer. Fill up water bottles and keep in fridge or freezer.



## Prepare your clothes

Have the right clothes ready. Visit op shops to get sunglasses, hats, shoes and loose long sleeve shirts like a fishing shirt.



**“Choose the right shoes – walking on hot ground can burn your feet. Wear light shoes like thongs or sandals.”**

# Stay Cool

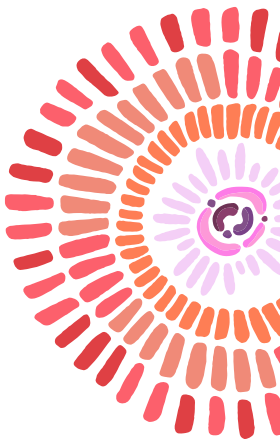
## During the hot weather



### Keep hydrated

Drink when thirsty and suck on ice cubes. Water and sports drinks are best. Avoid alcohol as it can remove water from your body.

“Carry around a rag or handkerchief in your pocket. Wet the material with water and use it to cool your face and arms, or put it on your head to make a wet cap”

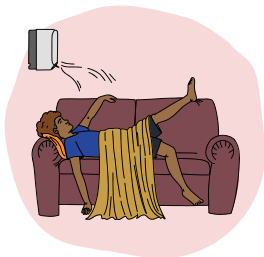
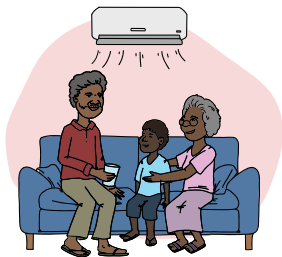


### Be heatwave safe

Go outside in the early morning or late afternoon. Wear appropriate clothing and head to the beach, river, waterhole or pool to stay cool!

### Stay indoors

Aircons on, fan on and set to cool. Keep the blinds down. Keep low activity.



### Sleep well

Sleep in the coolest area of your home.

## Look after **pets**

Make sure pets have plenty of water and sleep on their own beds.



## Look after **you**

Heat can make you feel more easily stressed or angry and can worsen some sicknesses. If you're overheating, try a cold shower or bath.

If you're still feeling unwell, call or visit your local clinic for support.

## Look after your **mob**

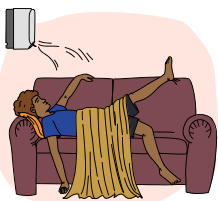
Reach out to family, friends and community to make sure they're doing okay.



**Share information on how to stay cool, it can be a big help!**



# Recover After the hot weather



## Rest

Catch up on sleep, your body needs to rest to help itself mend.

## Check in with **yourself**

How do you feel? If you are feeling unwell or would like support, visit your local clinic.

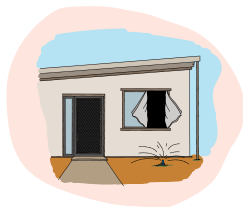


## Keep **hydrated** if thirsty

Yarn with your clinic if you are on a fluid restriction about how much water you should drink.

## Air out the house

Open windows and doors with screens to get cool air in the house.



## Check in with **your mob**

Check on family, friends and community to see if they are well.

## Make **changes**

Are there any actions you could have done better for next time?



**Chat to your local Health Service or Environmental Health team for more tips.**



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