

Heatwaves can harm!

Looking after our old people

when it's hot outside

How can you help our old people?

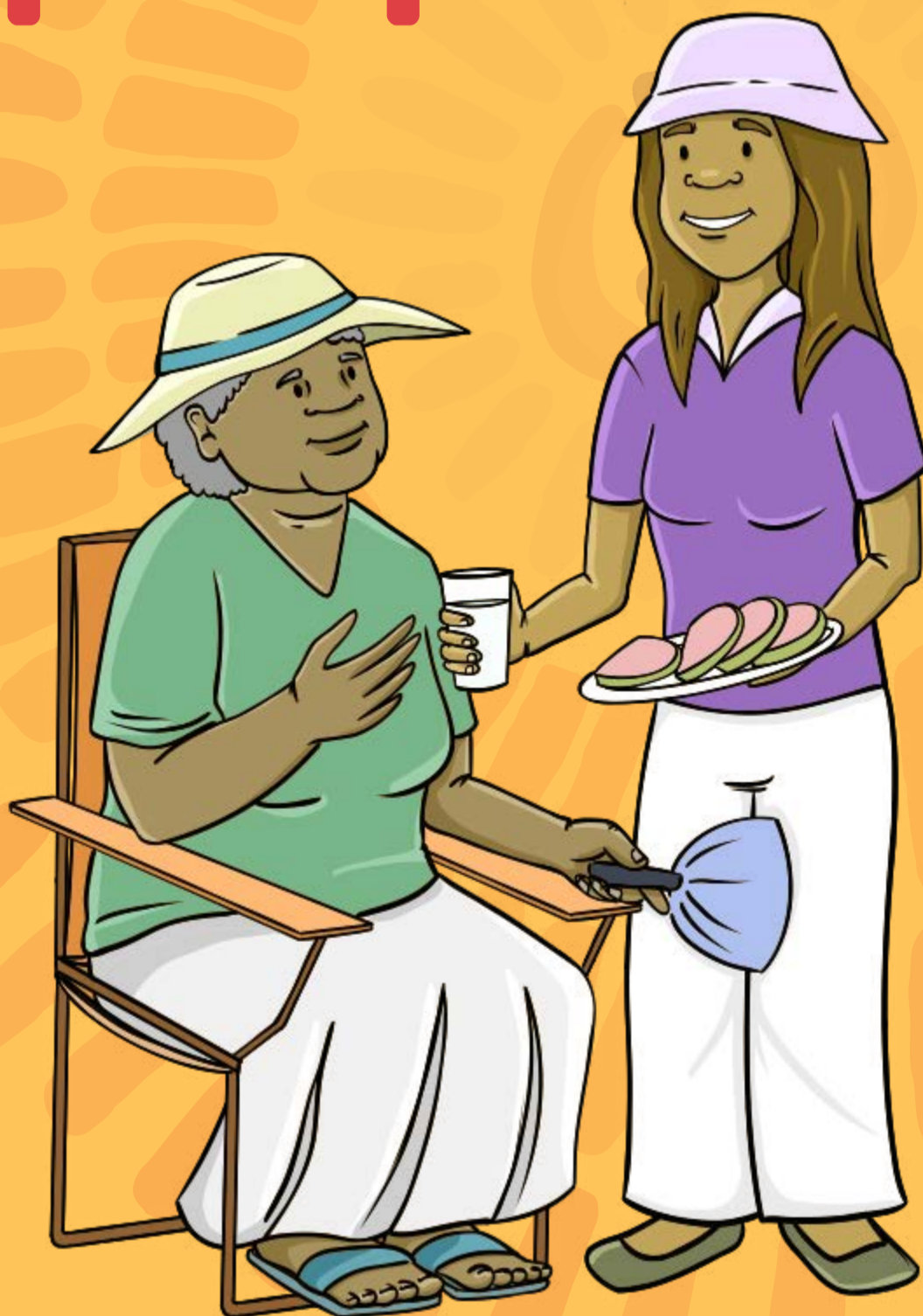
- Keep living spaces cool
- Drink sufficient water (talk to your clinic to find out the right amounts)
- Wear cool and loose clothing
- Eat light and healthy meals
- Keep in the shade
- Wear a hat when outside
- Make sure old people wear shoes outside to protect their feet

When to call the doctor?

- When skin becomes very hot and dry
- Heat cramps that last an hour or more
- Feeling sick or vomiting
- Feel like fainting/having fainted
- Difficulty breathing

In an emergency call 000

For more information call Health Direct 1800 022 222 or your local AMS



Heatwaves can harm!

What happens to your body during a heatwave?

How can a heatwave make you feel

- Dizzy
- Hot
- Headache
- Nauseous/sick
- Weak
- Sweaty
- Very thirsty

What can happen to your body in a heatwave

- Hot weather can put pressure on your heart, making it work faster, this can lead to exhaustion or heat stroke
- Lungs work harder and can make it hard to breathe
- Easily irritated and hot skin, which can make it harder for your body to cool off
- Kidneys can become dehydrated

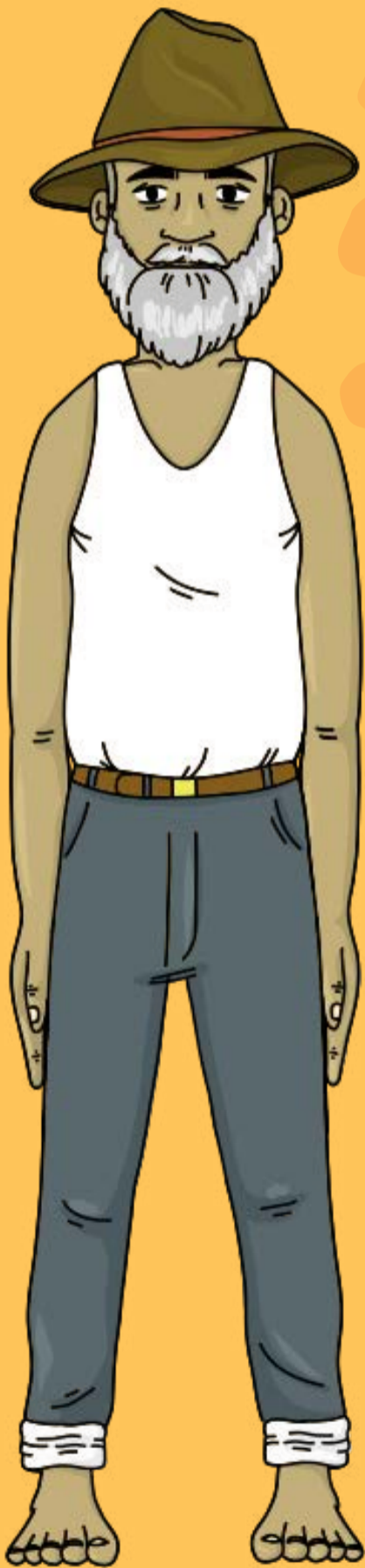
In an emergency call 000

For more information call Health Direct 1800 022 222 or your local AMS



Heatwaves can harm!

How heatwave effect our bodies



BRAIN

Overheating can make you dizzy and confused, causing headache.

Very hot weather can make mental health conditions worse.

SKIN

Your skin can get very hot and dry, leaving your skin feeling irritated.

Hot weather makes it harder for your body to sweat and cool down.

FATIGUE

When your body is overheated, your brain will tell the muscles to slow down, making you feel weak and tired.

This is heat exhaustion.

LUNGS

Hot weather can make our lungs inflamed, making it harder to breathe.

Any existing lung conditions can get worse when lungs are too hot.

HEART

Hot weather can put pressure on the heart, making it work faster. This can lead to exhaustion or heat stroke.

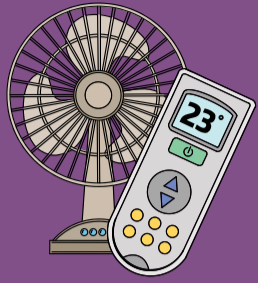
KIDNEY

Your kidneys can get damaged from being dehydrated, causing long term kidney problems.

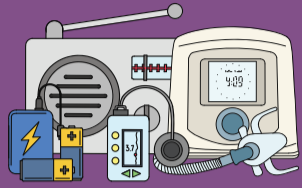
In an emergency call 000

For more information call Health Direct 1800 022 222 or your local AMS

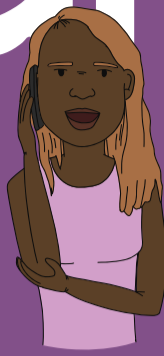
Prepare



Prepare your house



Prepare your devices and kit in case of a power outage



Prepare yourself



Prepare your medicines



Prepare your mob



Prepare your food



Prepare your clothes

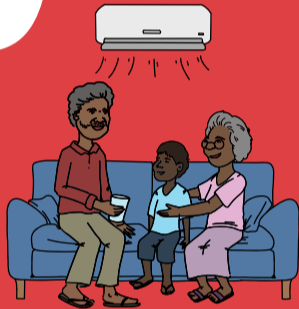
Stay Cool



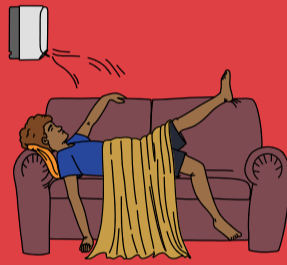
Keep hydrated



Be heatwave safe



Stay indoors



Sleep well



Look after pets

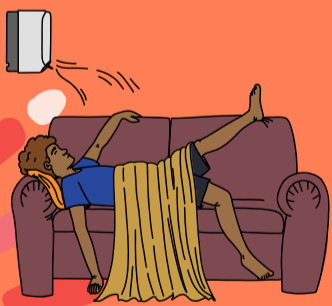


Look after you



Look after your mob

Recover



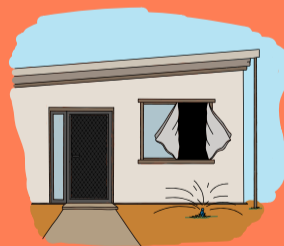
Rest



Check in with yourself



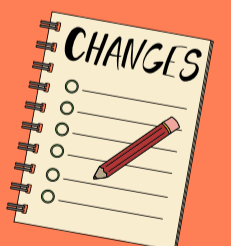
Keep hydrated if thirsty



Air out the house



Check in with your mob



Make changes

Stay cool you mob!

For more information call Health Direct 1800 022 222 or your local AMS