

HEATWAVE CHECKLIST



Government
of South Australia



Before a heatwave

- Plan ahead to avoid going out during the hotter part of the day
- Prepare a cool room in your home using air conditioning, fans, curtains or blinds
- Find a cool place in your area where you can go; a shopping centre or public library
- Know the signs of heat-related illnesses such as dehydration
- Have enough food, drinks and medication for family and pets
- Keep up to date with heatwave warnings on the radio, television and social media
- Plan how you will keep your pets cool and healthy

Keep cool

- Close windows, blinds and curtains in the morning
- Use your air conditioner on the cool setting
- Do any outdoor activities when it is cooler
- Wear loose light-coloured clothing, a hat with a brim, sunnies and sunscreen when outside
- Have cool showers or use a small wet towel, cool packs or a spray bottle
- Sleep in the coolest room in the house
- Have plenty of bowls of water, cool spots and shade for your pets

Stay hydrated

- Drink plenty of water. Carry water with you.
- Have less coffee, tea, alcohol, soft or energy drinks

Check

- Small children, older people and people with certain health conditions are drinking enough water
- Family, neighbours and friends are using their air conditioning or fans to keep cool

Heatwave Warning Levels



Advice



Watch & Act



Emergency
Warning

For more information scan the QR code, visit ses.sa.gov.au/heatwave



Life threatening
emergency call
000

Emergency
assistance call
132 500

For more
information call
1800 362 361