Heatwave

Hot weather can affect all of us. Know what to do in a heatwave.

Prepare your home for hot weather.

Check that your air conditioning and ceiling fans are working.

Make sure your fridge and cupboards are stocked with food to last a few days.

During a heatwave keep cool and stay out of the heat. Drink lots of water. Dress in loose fitting, cool clothing.

Check on the elderly and neighbours who could be at risk in the heat.

Spend time in cool places like a shopping centre, library or cinema. Never leave people in a car.

If someone falls ill because of the extreme heat call Triple Zero for help.