



## MEDIA RELEASE

### Heat Health- Stay safe this summer

Don't get caught in the heat, look after yourself. Before it gets hot speak to Council or look up [www.heatwavehelp.com.au](http://www.heatwavehelp.com.au). If you feel unwell call your doctor or NURSE-ON-CALL on 1300 60 60 24. Remember, in emergency dial 000.

Summer is here and it's time to think about the implications of extreme heat. These conditions can exacerbate existing symptoms of things like diabetes, heart disease and respiratory illness. Extreme heat can significantly raise the likelihood of food poisoning and can also lead to dehydration, heat "hangover", heat cramps, heat exhaustion, heat stroke, fainting and even death. In fact extreme heat has led to more deaths than any other natural disaster in Australia.

During heat wave conditions in Victoria 374 died in 2009 and 167 people died in 2014. These deaths were directly attributed to extreme heat.

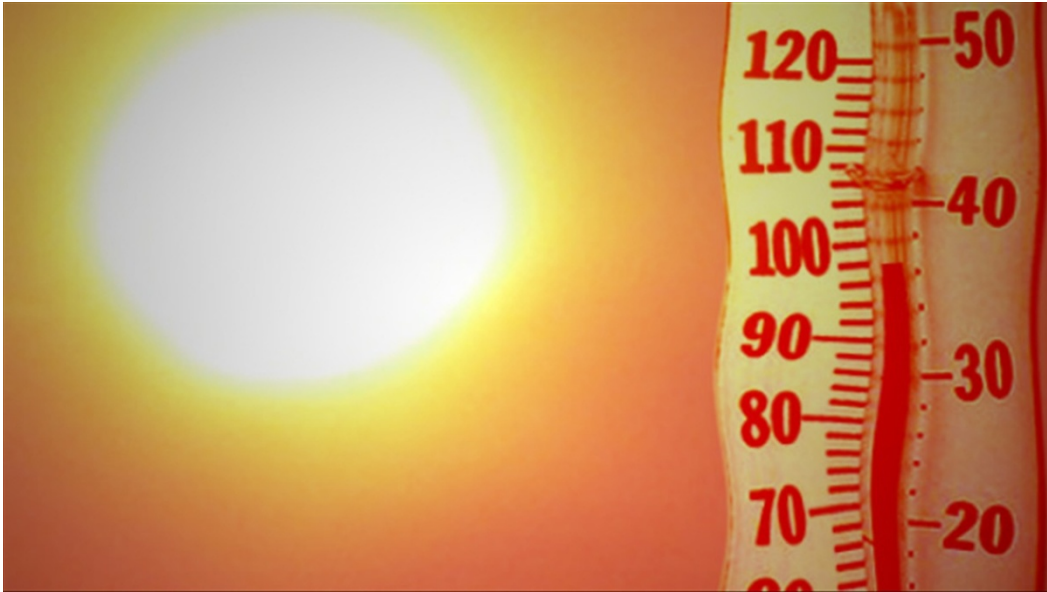
People most at risk include people aged over 65 or who live alone, babies and young children, pregnant women, people who already have a medical condition or are taking certain medications, people with a disability and people who work outdoors.

Planning is the key to ensuring you survive the heat. Drink plenty of water and take a bottle with you when you're out and about. Stay cool by using air-conditioners or fans and take a cool shower if you feel hot. Remember there is a high dependency on power during extreme heat. Plan for what you will do during a power outage. Do you have, or can you organise, transport to go somewhere more comfortable? Plan ahead, especially for people at high risk. Keep your house cool by drawing curtains and blinds and rearrange your day to avoid going out or exercising in the heat. Check on family, friends and neighbours most at risk to make sure they are okay. Remember your pets as well. Ensure they have plenty of water and access to shade.

Remember, hot cars can kill! Don't leave kids or anyone in cars; even your pets. The temperature inside a parked car can double within minutes.

To help with your planning, you can head to [www.redcross.org.au/files/REDiPlan\\_booklet.pdf](http://www.redcross.org.au/files/REDiPlan_booklet.pdf)

Another tool at your disposal has been developed by Buloke Shire Council in partnership with the Victorian Government and five other Councils. The Heatwave Help Program is one result of this partnership working on the Adapting to Change Project. A dedicated website offers a wide range of information on tackling the warmer weather fully prepared. Find it at [www.heatwavehelp.com.au](http://www.heatwavehelp.com.au)



Be safe this summer and respect the heat. For more information visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) or download the Better Health Channel app.

Call NURSE-ON-CALL on 1300 60 60 24 or see your doctor if you feel unwell. In an emergency, call 000.

**End release**

**For further information contact Travis Fitzgibbon on 1300 520 520**