



HEATWAVE

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What is a heatwave?

Have you been in a heatwave? What was it like?

How do you know if there is going to be a heatwave?

What damage can a heatwave cause?

What are the ways to protect yourself and others during a heatwave?

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- 1 A heatwave is any long period of very hot weather. They are the deadliest natural hazard in Queensland.
- 2 Heatwaves impact anyone but it is important to take special care of:
 - Babies and children, the elderly, people with medical conditions
 - Pets
 - People who work in the outdoors
- 3 In a heatwave:
 - Drink lots of water
 - Stay in the shade and use fans or air-conditioning
 - Wear light clothing, a head and sunscreen
- 4 Understand symptoms of heat sickness:
 - Feeling sick or vomiting
 - Dizzy or weak
 - Fast breathing or short of breath
 - High temperature
 - Red, dry skin
- 5 The number to call if you need emergency health care is “000”
- 6 **Get ready:** go to your local council or the Get Ready Queensland web pages to find an emergency plan you can do.

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