

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 hat 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.

