



Tips to become Bushfire Ready and coping with Extreme Heat



Bushfire Ready

- If you live in a bushfire risk area, be sure to prepare your bushfire plan for the upcoming summer season.
- Visit **www.cfs.gov.au** to find out if you are in a bushfire risk area or you can call **8463 4200** – you can also access a range of resources to help you develop a bushfire plan.
- We are obligated to ensure the safety and wellbeing of our staff and so we work within the recommendations from the CFS. If you live in a bushfire prone area, our ability to deliver your services may be affected on catastrophic bushfire days and if this is the case you will be advised accordingly if your scheduled services cannot be delivered at the time.

Extreme Heat

- Put your health first - use fans and air conditioning. You can check if you qualify for energy concessions by calling 1800 307 758.
- Consider registering for Telecross REDi by calling 1800 188 071. Red Cross Volunteers will call you regularly during the heatwave to check on your well-being.
- Consider staying with family or friends if you do not have any fans or an air conditioning system, or if you are in a bushfire risk area.
- Continue to take any medications.
- Keep doors, curtains and blinds closed.
- Drink water regularly and keep it refrigerated.
- Maintain a supply of water-rich foods such as salad and fruit, and eat regularly.
- Shower under cool or tepid water and wear comfortable loose clothing – cotton or natural fibres are much better than synthetics.
- Avoid going outside unless you need to. If you must go to the shops, catch a taxi or ask a friend or family member to assist.
- Continue to be vigilant with security. Make sure open windows are firmly latched or secured.
- Keep a torch by your bed in case of electrical blackouts.

See over for 'Tips for Families and Carers'





Additional tips for Families and Carers looking after older people:

- Encourage older people to use their air conditioner and fans and always leave them with a cool drink at hand.
- Offer to relocate their favourite chair to keep it close to the air conditioner or fan.
- Encourage them to dress appropriately.
- Recognise the symptoms of heat stroke and dehydration. These include listlessness, dry lips and confusion.
- Know first aid emergency procedures.
- Discuss their care needs and evacuation plans in the event of a bushfire.
- Offer a place to stay and arrange any services to continue while they are staying with you.
- Contact their GP or Health Direct on 1800 022 222 if they feel unwell (e.g. headache, dizziness, muscle cramps). For more serious cases such as vomiting or confusion, call an ambulance.

