



Heatwave

Over the past 100 years, heatwaves caused **more** deaths in Australia than any other natural hazard.

Heat waves occur when the maximum and minimum temperatures are unusually hot over 3 days

With climate change, heatwaves are becoming hotter, lasting longer and occurring more often.

How heat worsens our health

- Causes heat-related illnesses and worsens heart, lung and kidney diseases
- Worsens other long term problems eg mental health & chronic disease

Who is at risk?

- Young children
- Older people (over 65years)
- People with existing health issues eg heart & lung disease, diabetes, kidney disease
- People on certain medication eg heart medication
- People with disabilities
- People who experience additional challenges such as lower income
- First Nations people
- People who are isolated and live alone

Check with your GP to see if you may be at risk

Heat illness symptoms

- High temperature
- Headache
- Dizziness
- Muscle cramps
- Heavy sweating
- Fainting
- Thirst
- Nausea
- Vomiting
- Confusion

Contact details if you need help

GP Phone number:

Local health hotline:

For all urgent medical attention, please call 000