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| NSW Health | Beat the Heat newsletter copy |
|  | November 2023 |
| v1 | www.health.nsw.gov.au |

### Newsletter copy (general population)

**Heading:** Have a plan to beat the heat

**Copy:**

This summer is predicted to be very hot. With hot weather coming, it's important to be prepared. Talk to your relatives, neighbours and friends. Have a heat plan in place to help protect you and your loved ones during the summer months.

NSW Health has tips to help you prepare and stay healthy in the heat.

* **Understand your health.** Your health can be affected during a heatwave, especially if you have a medical condition. Speak to your doctor and have a plan for heatwaves.
* **Know your medications.** Many prescribed medications can make the risk of heat-related illness worse and most need to be stored below 25 degrees Celsius. Talk to your GP or pharmacist about correct storage temperatures.
* **Prepare your home.** Check fridges, freezers, fans and air-conditioners work properly and put together a small emergency kit in case of a power failure.
* **Keep track of the weather**. Regularly check the weather forecast to monitor the heat.
* **Have a heatwave preparation checklist.** Consider who to call if you need help, where to find your emergency kit and being prepared for bushfires.
* **Keep in touch.** Think about friends and family who may need your help in the heat. Older people and babies and children 0-5 are particularly vulnerable to heat-related illness.

For more information on preparing for heat and staying cool and hydrated when it is hot, visit [NSW Health – Beat the Heat.](https://www.health.nsw.gov.au/environment/beattheheat/Pages/default.aspx)

### Newsletter copy (Parents and carers)

**Heading:** Have a plan to keep your family safe in summer

**Copy:**

This summer is predicted to be very hot. During hot weather, it is easy to become dehydrated or for your body to overheat. Babies and children aged 0-5 are particularly at risk of heat-related illness such as heat stroke and heat exhaustion.

NSW Health has tips to help you prepare and keep your family healthy in the heat.

* **Prepare your home.** Check fridges, freezers, fans and air-conditioners work properly and put together a small emergency kit in case of a power failure.
* **Keep track of the weather**. Regularly check the weather forecast to monitor the heat.
* **Know the sign of heat-related illness in children. Children can dehydrate quickly in hot weather. Offer babies under 6 months more frequent breast or bottle feeds, and for older children, offer water frequently.**
* **Have a heatwave preparation checklist.** Consider who to call if you need help, where to find your emergency kit and being prepared for bushfires.

For more information on preparing for heat and staying cool and hydrated when it is hot, visit [NSW Health – Beat the Heat.](https://www.health.nsw.gov.au/environment/beattheheat/Pages/default.aspx)

### Newsletter copy (Older people)

**Heading:** Preparing for a hot summer

**Copy:**

This summer is predicted to be very hot. During hot weather, it is easy to become dehydrated or for your body to overheat. Older people are particularly at risk of heat-related illness such as heat stroke and heat exhaustion.

NSW Health has tips to help you prepare and stay healthy in the heat.

* **Understand your health.** Your health can be affected during a heatwave, especially if you have a medical condition. Speak to your doctor and have a plan for heatwaves.
* **Know your medications.** Many prescribed medications can make the risk of heat-related illness worse and most need to be stored below 25 degrees Celsius. Talk to your GP or pharmacist about correct storage temperatures.
* **Prepare your home.** Check fridges, freezers, fans and air-conditioners work properly and put together a small emergency kit in case of a power failure.
* **Keep track of the weather**. Regularly check the weather forecast to monitor the heat.
* **Have a heatwave preparation checklist.** Consider who to call if you need help, where to find your emergency kit and being prepared for bushfires.

For more information on preparing for heat and staying cool and hydrated when it is hot, visit [NSW Health – Beat the Heat.](https://www.health.nsw.gov.au/environment/beattheheat/Pages/default.aspx)

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| NSW Health |  |
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