

Beat the heat

Be prepared

Follow this checklist to help you beat the heat

If you are not feeling well:

- monitor for heat related symptoms
- if in doubt, call 000.

To find out cool centre locations and opening hours, visit blacktown.nsw.gov.au/beattheheat or call **9839 6000**.



Health
Western Sydney
Local Health District

What to do when staying home:

- ☐ close windows and blinds
- ☐ drink plenty of water
- ☐ ensure fridge, fans and air conditioners are working
- ☐ have cool packs in the fridge ready for use
- ☐ secure pets indoors with enough food and water
- ☐ charge mobile phone
- ☐ fill torch with full batteries
- ☐ ensure your car has fuel

What to do before going to a cool centre and what to bring:

- ☐ pets secured at home or left with a carer
- ☐ set timer on air conditioner
- ☐ water bottle
- ☐ food (especially if you have dietary requirements)
- ☐ medication and health support
- ☐ mobile phone and charger
- ☐ jacket (in case the cool centre gets too cold)
- ☐ entertainment e.g. books and puzzles

What to do when you get to a cool centre:

- ☐ park car in a cool shady place
- ☐ ensure no people or animals are left in the car

Before leaving the cool centre, check if:

- ☐ the outside temperature has cooled down
- ☐ you are hydrated
- ☐ you have another place to go if home is not suitable

What to do when you return home:

- ☐ open doors and windows to let the heat out
- ☐ check if electricity is on and the fridge is working
- ☐ turn on fans or air conditioners
- ☐ drink plenty of water to stay hydrated
- ☐ look out for signs of heat stress in animals
- ☐ check in with any loved ones or neighbours