

# Staying safe in

# Extreme Heat

Western Sydney is typically 6-10 degrees hotter than the rest of the city during extreme heat events. Heatwaves are responsible for more deaths in NSW than any other severe weather event. Bring prepared prior to a heatwave is crucial to keeping yourselves and other safe.

## How to Stay Cool in Hot Weather



Lie down in a cool or shady area



Remove extra layers of clothing and any tight clothes



Put your hands and feet in cold water, or have a cool shower



Cool by moistening skin and fanning



Have frequent, small sips of water



## Visit a Western Sydney Cool Centre

A Cool Centre is a place you can go to seek relief from extreme heat. These are especially for people who are unable to keep cool at home. For information about Cool Centres open in your area, please visit our [Western Sydney Cool Centres webpage](#).



## Those at Risk

While everyone is at risk of heat-related illness, those most at risk are:



Expectant mums and young children



Older people



People with chronic illnesses and mental health concerns



Outdoor workers

## Mental Wellness During Extreme Heat

In addition to physical health risks, heatwaves can also exacerbate mental illness and increase the risk of domestic violence. Studies have shown that violence increases with warmer weather. This can be linked to disrupted sleep patterns, increased social isolation during extreme temperatures and increased discomfort and irritability due to temperatures<sup>1</sup>.

**For free mental health help and guidance, call 1800 595 212**

### Worried About the Heat?

Heat can be extremely dangerous. Exposure to high temperatures can lead to dehydration, heat exhaustion or even heat stroke which can be a life-threatening condition.

**Contact your GP or call healthdirect on 1800 022 222 if you experience:**

- High body temperature (over 40°C)
- Nausea
- Confusion and fainting

**In an emergency, please call Triple Zero (000).**

### Symptoms to look out for

- Excessive sweating
- Thirstiness
- Headache or dizziness

<sup>1</sup> University of Sydney (2024), Rise in suicidal behaviours among young people linked to hotter temperatures. Accessed by: <https://www.unsw.edu.au/newsroom/news/2024/10/rise-in-suicidal-behaviours-among-young-people-linked-to-hotter-temperatures>