

Heatwaves in Western Sydney

Western Sydney is generally hotter than the rest of Sydney, we have more days over 35°C per year than the Sydney CBD. Heatwaves are responsible for more deaths in NSW than any other severe weather event, so being ready prior to a heatwave is important to keeping safe.

Who is most at risk in a heatwave?



Symptoms to look out for

- Excessive sweating
- Thirstiness
- Headache or dizziness

Contact your GP or visit a local Urgent Care Service centre, if you experience:

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

Call the Urgent Care Line
1800 371 371.
Call 000 in an emergency.

What to do during a heatwave?



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

Preparing for a heatwave


- ★ Check in with family or friends who are at risk, including older people, and those with young kids. Tell them what they can do during a heatwave
- ★ Avoid strenuous activities during the hottest times of the day
- ★ Drink plenty of water
- ★ Have a lot of ice ready in the freezer
- ★ Monitor the local temperature and weather conditions
- ★ Take frequent breaks in cool, shaded areas
- ★ Young children, older people, and those with certain medical conditions should take additional precautions

Visit a Western Sydney Cool Centre



 **Blacktown Aquatic Centre**
4 Boyd Street, Blacktown NSW 2148


 **Blacktown Showground Precinct Water Play Park**
Blacktown Showground, NSW 2148

 **Blacktown Uniting Church**
59-65 Bungaribee Road, Blacktown NSW 2148

 **Doonside Community Centre**
Cnr Graham and Hill End Road, Doonside NSW 2767

 **Marayong Community Centre**
62 Railway Road, Marayong NSW 2148

 **Minchinbury Neighbourhood Centre**
46 Minchin Drive, Minchinbury NSW 2770

 **Mount Drutt Hub**
9 Ayers Grove, Mount Drutt NSW 2770

 **Mount Drutt Swimming Centre**
7 Mount Street, Mount Drutt NSW 2770

 **Parramatta Aquatic Centre**
7A Park Parade, Parramatta NSW 2150

 **Riverstone Neighbourhood Centre**
9 Park Street, Riverstone NSW 2765

 **Riverstone Swimming Centre**
Market Street, Riverstone NSW 2765

 **Tregear Community Centre**
108 Ellsworth Drive, Tregear NSW 2770