

Heat Smart

Keep babies and children safe during extreme heat in Western Sydney

Hot weather can be dangerous for babies and young children.



Signs of overheating



WARM TO TOUCH



FEVER (ABOVE 38°C) BUT NOT SWEATING



SKIN IS RED OR HAS A RASH



RAPID HEARTBEAT



VOMITING



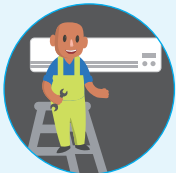
DIZZY OR CONFUSED



VERY SLEEPY OR UNRESPONSIVE

Start of summer

AT YOUR HOME



Check fridges, air conditioners and fans work, and are set to cool.



Keep the heat out:

- ☐ Install curtains or blinds
- ☐ Put up shade cloth or awnings.



Find a cool place to visit if home gets too hot (for example a shopping centre).

FOR YOUR CHILDREN



Ask your doctor if heat increases your child's health risk. Follow their advice.



Wear a hat and sunscreen outside.

Know who you can call for help.

Have light, loose clothes for children to wear (cotton or linen are best).

Knowing what to do can keep you and your children safe.

Babies and children (0-4 years) overheat and dehydrate more quickly than adults. You may feel well, but your baby or child may not. It is important to keep them cool and ensure they drink often.

Do not wait for signs your child is thirsty or too hot. See your doctor if your child is sick before a heatwave.



Health
Western Sydney
Local Health District

Before a heatwave

AT YOUR HOME



Check the weather regularly.



Plan cool meals.
Cooking heats your home.



Buy enough food and medicine for the heatwave period.



Freeze ice and place wet towels in the fridge.



Prepare an emergency kit in case of power outages.

Create a 'cool room' at home:

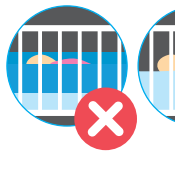
- ☐ close doors to other rooms
- ☐ seal gaps under doors
- ☐ cover windows
- ☐ move baby's bed, fans and other items to this space.

FOR YOUR CHILDREN



Plan to avoid the heat:

- ☐ be in a cool place
- ☐ move activities to cooler times
- ☐ cancel activities if necessary.



Remove padding or liners from baby's bed so air can flow.

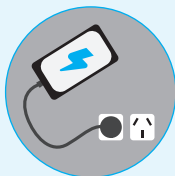
Follow your doctor's advice if your child has a medical condition.

During a heatwave

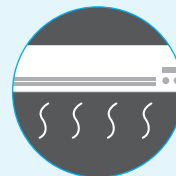
AT YOUR HOME



Close doors, windows and blinds early in the morning.



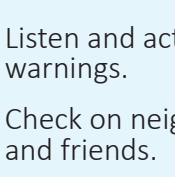
Keep your mobile phone charged.



Use fans and air-conditioning, or visit a cool place.

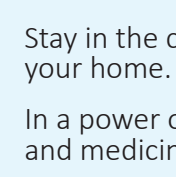


Ensure pets have water and shade.



Listen and act on emergency warnings.

Check on neighbours, relatives and friends.



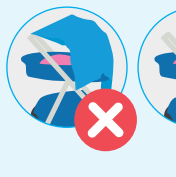
Stay in the coolest room in your home.

In a power outage, move food and medicine to your cooler box.

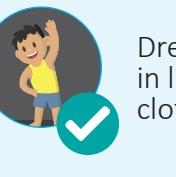
FOR YOUR CHILDREN



Check often that children aren't too hot.



Take covers off your pram so air can flow.



Dress children in light, loose clothes.



Cool children with cool baths, wet towels or sponge with water.



Offer children milk or water often. No sweet drinks (they make dehydration worse).

Stay inside and move less.

Drink plenty of water if you are breastfeeding.

Always watch children near water.

Never leave children or animals in the car.



If you feel unwell
contact your doctor.
In an emergency call 000.

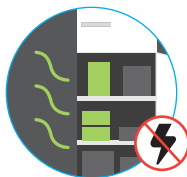


After a heatwave

AT YOUR HOME



If cooler outside, open
doors and windows.



If there was a black-out,
check the fridge for
bad food.

FOR YOUR CHILDREN



Many people become sick after a heatwave.
If your child feels unwell call your doctor.

Think about the past few
days – What worked?
What didn't?

Blackout emergency kit

Power outages are common during heatwaves.
Prepare an emergency kit:



**TORCH AND
BATTERIES**



**10 LITRES OF WATER
PER PERSON**
Power outages can
disrupt water supply.



**BATTERY-POWERED
AM/FM RADIO**
To receive emergency
warnings.



**COOLER BOX
AND ICE**



FIRST-AID KIT



**POWERPACK TO
CHARGE YOUR
MOBILE PHONE**



**LIST OF KEY
PHONE NUMBERS**



FURTHER INFORMATION

Health Direct 24 hour helpline: 1800 022 222

Breast feeding helpline:

1800 686 268 or call 131450 for in-language advice

Emergency warnings: ABC Radio Sydney 702 AM

Help paying energy bills:

13 77 88 or www.energysaver.nsw.gov.au

Advice on preparing for emergencies:

www.redcross.org.au/prepare

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