



When returning home from a cool centre:

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

If you are not feeling well:

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

**Download the
Get Prepared app:
redcross.org.au/prepare**

For more information on cool centres and heat preparedness visit **blacktown.nsw.gov.au/beattheheat** or call **9839 6000**.

Useful resources:

Blacktown City Council
9839 6000

Australian Red Cross
redcross.org.au/get-help

NSW Health
health.nsw.gov.au/environment/beattheheat

Bureau of Meteorology
bom.gov.au/australia/heatwave

**Note that power
and water supplies
may be interrupted**



Beat the heat

Be prepared

Simple steps to help you
and your family stay safe
during heatwaves



Health
Western Sydney
Local Health District



When staying home:

- close all windows, blinds and curtains
- drink plenty of water
- check your fridge, fans and air conditioners are working
- have cool packs ready in your fridge
- avoid exercise or strenuous work during the hottest time of the day.

Prepare for a black-out by ensuring that:

- your mobile phone is charged at all times
- you have a torch with full batteries
- you can manually open your garage door without electricity
- you have access to your car and that it has fuel if you need to go to a cool centre.



Before you leave to go to a cool centre:

- check what cool centres are open
- check pets are left in a cool, secure and safe place at home, or with someone that can care for them
- set a timer on your air conditioner to turn on before you intend to go home.

What to bring with you:

- full water bottle
- food (especially if you have dietary requirements)
- your medication and health support
- mobile phone and charger
- jacket in case the centre gets too cold
- entertainment – consider non-electrical types e.g. board games, books.



When you arrive at a cool centre:

- park your car in a cool shady place or under cover
- never leave a person in the car unsupervised.

Before leaving the cool centre, check that:

- the outside temperature has cooled down
- you have been drinking water regularly
- you have another place to go if home is not suitable.

A cool centre is a place you can go to seek relief from extreme heat.