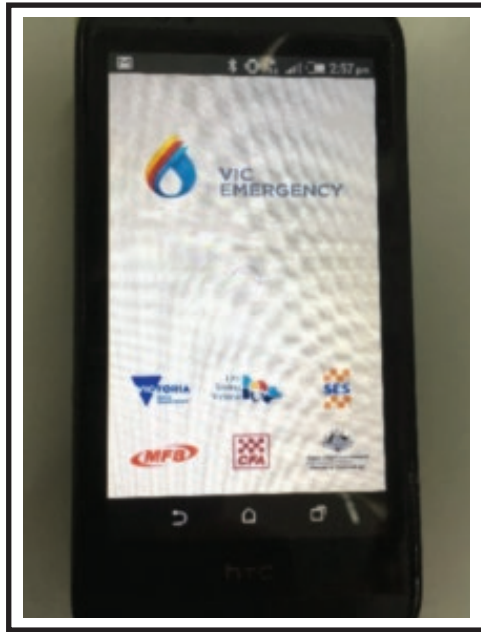




## **BEING PREPARED FOR EXTREME HEAT**



**I will prepare by getting  
information  
[www.heatwavehelp.com.au](http://www.heatwavehelp.com.au)**



**I will download the  
VicEmergency App**

**I will visit [www.bom.gov.au](http://www.bom.gov.au) for  
weather information**



**I will listen  
for warnings about hot days:**

- TV
- Phone
- Radio



**I will keep myself cool by:**

- Drinking plenty of water
- Staying in the shade
- Wearing light clothing
- Not exercising in the hot part of the day



**I will:**

- Go inside to shelter from the heat
- Stay inside if it is really hot
- Turn on a fan or air conditioner
- Close the doors and windows
- Draw the curtains to keep the heat out



**If my place is hot, I may visit:**

- Friends
- The library
- Shops
- Cinema
- Swimming pool

**where it will be cool**

Visit [www.heatwavehelp.com.au](http://www.heatwavehelp.com.au)  
for heatwave planning

This booklet is an initiative of the Rural Access and Emergency Management Teams of the Campaspe Shire Council, for use within the Northern Victorian Emergency Management Cluster. It is an easy to read social story to provide effective learning tools for those with disabilities to understand how to manage heat. This booklet will also assist younger children in starting the conversation about how to plan for emergency situations.

This booklet has been produced with assistance from the Central Victorian Greenhouse Alliance, the Department of Health and Human Services and staff and students from the Echuca Specialist School.

Should you wish to reproduce booklets for your purposes, we ask that you acknowledge Campaspe Shire Council and the Northern Victorian Emergency Management Cluster.

## Northern Victorian Emergency Management Cluster

