Heat health newsletter articles

Target audience: GPs, service providers, community nurses

*130 words*

**Are *you* prepared for the heat?**

With summer on the way, it’s time to think about what to do on days when it’s extremely hot.

Hot weather can cause serious illness, but this can be avoided with some simple preparations.

Public Health Services (DoH) have both printed and electronic resources available to help Tasmanians know what to do. This is especially important for older adults, pregnant women, those caring for babies or young children, or people living with a disability or health problem that makes it more likely they could suffer a heat-related illness.

To download these free resources visit [www.dhhs.tas.gov.au/publichealth/alerts/standing\_health\_alerts/extreme\_heat](http://www.dhhs.tas.gov.au/publichealth/alerts/standing_health_alerts/extreme_heat)

To order copies of the free printed brochure or poster ‘[Are *you* prepared for the heat?](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0003/146298/Are_You_Prepared_for_the_Heat_6pp_DL_Nov18.pdf)’ for your clients or patients, contact Public Health Services on public.health@health.tas.gov.au

*200 words*

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* older adults, particularly if frail
* pregnant women
* babies and young children
* people who live alone or not near other people
* people with a physical disability
* people with serious health problems (heart problems, breathing problems, diabetes, serious mental illness, dementia, Alzheimer’s disease and those who are very overweight)
* people taking certain types of medications, including those affecting sweating and body temperature
* people who work outdoors, or who are physically active during the heat
* a person with a high temperature from an existing infection or illness.

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* people taking certain types of medications, including those affecting sweating and body temperature
* people who work outdoors, or who are physically active during the heat
* a person with a high temperature from an existing infection or illness.

Early signs of heat-related illness include thirst, fainting or dizziness, loss of appetite, irritability, tiredness, sweating (with moist, cool skin) and muscle spasms or cramps.

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* ‘[Are *you* prepared for the heat?](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0019/207343/Are_You_Prepared_for_the_Heat_A3_Poster_Nov18.pdf)’ poster (available in printed and electronic format)
* [Guide to Coping in Extreme Heat](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0003/146235/Guide_to_Coping_in_Extreme_Heat.2018.pdf) booklet (available in electronic format only)
* Fact sheets on heat-related topics (available in electronic format only), including:
	+ [Advice for older people](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0004/146299/Extreme_heat_-_health_advice_Advice_for_older_people.pdf)
	+ [Being active in the heat](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0014/146300/Extreme_heat_-_health_advice_Being_active_in_the_heat.pdf)
	+ [Caring for an older person](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0015/146301/Extreme_heat_-_health_advice_Caring_for_an_older_person_during_extreme_heat.pdf)
	+ [Caring for babies and young children](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0016/146302/Extreme_heat_-_health_advice_Caring_for_babies_and_young_children_people.pdf)
	+ [Caring for pets and wildlife](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0017/146303/Extreme_heat_-_health_advice_Caring_for_pets_and_wildlife.pdf)
	+ [Clothing to wear during the heat](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0018/146304/Extreme_heat_-_health_advice_Clothing_to_wear_during_the_heat.pdf)
	+ [Older children and teenagers](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0019/146305/Extreme_heat_-_health_advice_Older_children_and_teenagers.pdf)
	+ [People with ongoing physical or mental health conditions](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0020/146306/Extreme_heat_-_health_advice_People_with_ongoing_physical_or_mental_health_conditions.pdf)
	+ [Pregnancy tips during extreme heat](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0003/146307/Extreme_heat_-_health_advice_Pregnancy_tips_during_extreme_heat.pdf)
	+ [Preventing heat-related illness](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0004/146308/Extreme_heat_-_health_advice_Preventing_heat-related_illness.pdf)
	+ [Safe food handling during extreme heat](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0005/146309/Extreme_heat_-_health_advice_Safe_food_handling_during_extreme_heat.2018docx.pdf)
	+ [Sleeping when it’s hot](https://www.dhhs.tas.gov.au/__data/assets/pdf_file/0015/146310/Extreme_heat_-_health_advice_Sleeping_when_its_hot._2018.pdf)

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