Do not underestimate the health risks from hot weather or heatwaves. Heatwaves can cause death.

You must be prepared for hot weather.

Heatwaves occur during the summer season, so you need to make sure you are prepared before summer.

Prepare yourself and your family for wherever you will be, at home, on holidays or travelling.

There are a few things you can do to prepare for a heatwave.

Check your cooling systems are in good working order, including your air conditioner and fan. If your cooling system is not working during a heatwave, you will feel the effects of heat more intensely.

Remember that hot weather increases the risk of bushfire, so if you live in a high-risk bushfire area, you need to prepare for bushfire.

Check your emergency kit. Make sure it is ready to take with you if you need to leave.

Power outages are common during hot weather, so if your access to water is dependent on connection to an electric pump, consider what you will do if there is a power outage and your water pump does not work. Make sure you have an alternative supply of water for you, your family and your animals. Fill appropriate containers with water, or buy crates of bottled water so you are prepared for this eventuality.

Ensure you are a fully stocked with food, water and any medication, so you do not need to venture outside during a heatwave.

Check the correct storage temperature for any medication, you may need to store it in your fridge.

Talk with your family about the symptoms of heat stress on your body during hot weather.

You need to be aware of the symptoms of heat stress so you can identify them and take steps to recover, such as by drinking more water or relocating somewhere cooler.

You also need to keep an eye on people most at risk during a heatwave, including older people, people with additional health issues, and children. If their condition worsens, seek medical assistance immediately.

It is important you are aware of how heat can affect your body. Also consider how heat will affect your pets and other animals. Talk with your family about how heat can affect your health. More information about heat and your health is available in another video.

Consider how you can improve your home to make it cooler during hot weather. For example, by adding a verandah or outdoor shade cloths to cover your windows.

Ensure you are ready for any period of extreme heat.

Ensure you can maintain your health during periods of extreme heat.

Keep in touch with family and friends to make sure everything is okay.