

Keep mob safe in extreme heat

Extreme heat can worsen medical conditions and lead to emergency health issues like heatstroke. Prepare early for extreme heat days.

Stay safe in the heat with these simple tips:



Stay cool on hot days

Stay cool at home.

- Use a fan and/or air conditioning.
- Wear light and loose-fitting clothing.
- Wear a hat and seek shade if outside.
- Keep skin wet, using a spray bottle or wet towel and by taking cool showers or foot baths.
- Block heat entering your home by closing blinds or curtains.

Consider spending time in cool places such as air-conditioned buildings like community centres, shopping centres or public libraries.



Stay hydrated on very hot days

Drinking plenty of water throughout the day is important to stay well.

- Keep drinking water even before you feel thirsty, especially if outdoors or doing physical activity.
- Take a full bottle of water with you when you leave the house.
- If your doctor or Aboriginal Health Worker normally advises you to limit your fluid intake, speak to them about how much fluid you should drink during hot weather.



Plan ahead

Check the weather forecast and Bureau of Meteorology heatwave warnings regularly.

- Check the Bureau of Meteorology Heatwave warnings at www.bom.gov.au or via the Bureau's app.
- Subscribe to receive the Department of Health Heat health warnings at www.health.vic.gov.au/subscribe
- Where appropriate, avoid being outdoors, especially working or exercising outdoors in extreme heat.
- Cancel or reschedule strenuous activities for a cooler time of the day.
- Prepare beforehand by ensuring you have enough of your essential items (like food and medications) for the period of extreme heat.



Check in with mob

A quick call can make a big difference, so let mob know you are OK or if you might need help. Alternatively, check in on those who may need your support during days of extreme heat.

People most at risk include:

- Elders aged over 50 years old.
- Pregnant women, young children and boorai/babies.
- Mob who are unwell or have health problems.
- Mob who are on their own.
- Mob without housing or a place to stay.
- Mob with limited ways to keep cool, like those without air conditioning/fans or living in buildings that heat up easily.



Learn the signs of heatstroke

Watch for signs of dehydration like feeling thirsty, dizzy or lightheaded, having a dry mouth, tiredness, having dark strong-smelling urine or passing less urine than usual.

Heatstroke is a life-threatening condition that occurs when your body temperature reaches 40°C or higher. It's important to recognise the signs and symptoms of heatstroke:

- hot and dry skin, typically no longer sweating,
- rapid, strong pulse,
- rapid, noisy breathing,
- dizziness, headaches and nausea,
- unreasonable, confused or aggressive behaviour,
- loss of consciousness, fits or seizures.
- **Call Triple Zero (000) immediately if someone is experiencing heatstroke.** You can care for them by moving them to a cool and shaded area, removing their outer layers of clothing and wetting their skin with water.

To receive this document in another format email the Extreme Weather team <extreme.weather@health.vic.gov.au>

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