



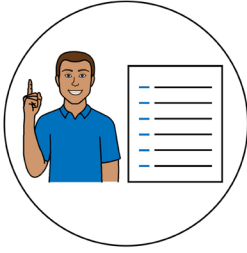
## Heatwaves

South Australian State Emergency Service



Easy English





## Hard words

This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

## You can get help with this book



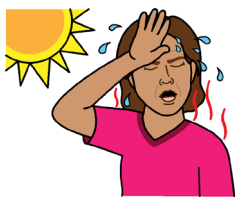
You can get someone to help you

- read this book
- know what this book is about



- find more information.

## About this book



This book tells you how to stay safe in a **heatwave**.



Heatwave means it is very hot outside.



You might see information about heatwaves

- in newspapers



- on TV

- in posters

- on the SES website



- on Facebook



- on Twitter.

## Warning levels

There are 3 warning level symbols



1. The **Advice** symbol means

- there might be a heatwave that could get worse



- you are **not** in danger yet



- you should check for new information often.



2. The **Watch and Act** symbol means

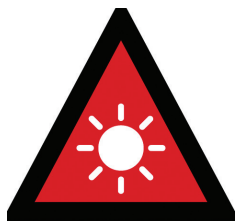
- the heatwave is more serious than before



- you might be in danger

1	_____
2	_____
3	_____
4	_____

- you should start to plan next steps in case the heatwave gets any worse.



3. The **Emergency Warning** symbol means

- there is a serious heatwave

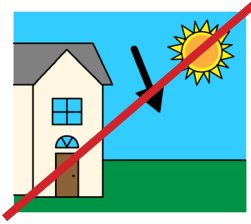


- you are in danger



- you should follow your plan to stay cool and keep safe.

# Keep cool

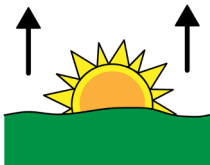


Try **not** to go outside when the day is most hot.



The day is most hot

- at lunch time
- in the afternoon.



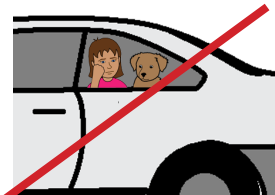
Plan to go out when the day is more cool. For example

- mornings



- night time.

Some things are **not** safe in a heatwave.



In a heatwave it is **not** safe to

- leave children or pets in the car even if the air conditioning is on



- exercise.

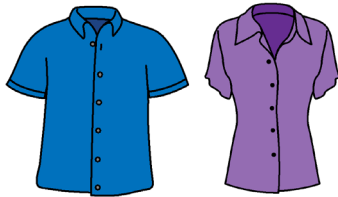
## What to wear

You can wear things to stay safe in a heatwave. For example



- hats with a big brim

- sunglasses



- clothes that feel light

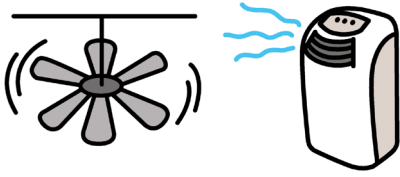


- **no** dark colours

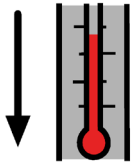


- lots of sunscreen.

## Stay in a cool place



Use fans and air conditioners to keep your house cool.



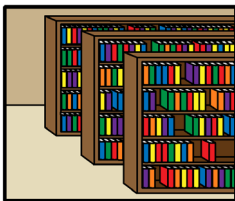
Find a cool place if your house has **no** fans or air conditioner.



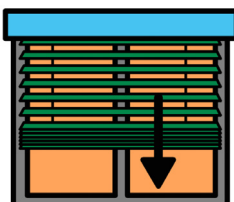
You might go to a cool place like the

- shopping centre

- movies



- library.



Close your blinds and **awnings** at the start of the day to keep the sun out.

Awnings are like blinds on the outside of some house windows.



## Stay hydrated



Hydrated means you have had lots of water to drink.

You should drink lots of water even if you are **not** thirsty.



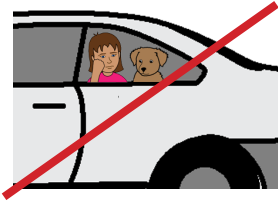
Try **not** to have drinks like

- alcohol
- tea
- coffee
- soft drinks.



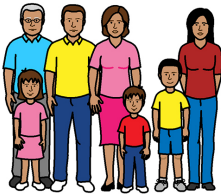
Make sure your pets have lots of fresh and cool water.

## Make sure other people are safe



Do **not** leave children or pets in your car when it is hot outside.

It is **not** safe to leave pets or children in your car even when you have the air conditioner on.



You might call or visit

- family



- neighbours.



There are some people who might need more help in a heatwave. For example

- older people



- babies



- people who are sick.

## Do you need a doctor?



If you or your family are sick you can call your normal doctor.

You can also get help from a doctor at Healthdirect Australia anytime.



Call Healthdirect Australia on  
1800 022 222



If you need help to speak or listen use the National Relay Service.

Call 1800 555 660



Website

[communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs)

Give the relay officer the phone number you want to call.

## More information



For more information about heatwaves contact the Government of South Australia.



Go to our website [ses.sa.gov.au](http://ses.sa.gov.au)



Go to our website [sa.gov.au/extremeheat](http://sa.gov.au/extremeheat)

Scan our **QR code**.



A QR code is a code you scan with your phone or iPad to see a website.

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## Notes

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