



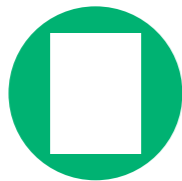
### WHAT IS A HEATWAVE?

Melbourne is known for its heatwaves. A heatwave is a period of unusual and uncomfortable hot weather that could impact on human health, community infrastructure such as the power supply, and public transport services. During extreme heat days, we often dehydrate quicker than we realise, and it is important to adapt our behaviours to prevent heat stress.

This brochure is designed to provide you with resources, tips and further information on beating the heat.

### HOW DO I COOL DOWN IN MY HOME?

- You don't need to cool your whole home during high heat. If you have access to an aircon or fan, you can use it in the coolest rooms in the property only.
- Keep the windows closed and covered to reduce the heat from sunlight.
- If the temperature drops at night, consider leaving your windows open to let cool air in.
- Reduce the use of your oven during a heatwave, as it can heat up your home.
- Keep yourself cool by using wet towels on your neck, putting your feet in cold water, and taking cool showers.
- If your property is too hot to comfortably reside in, seek shelter at a cool place (see reverse of this brochure).



### COOL PLACES

If it's too hot where you are living, consider going to an air-conditioned shopping centre, library, movie theatre or other cool place listed on our cool places map. You might also visit a friend or family member that has air conditioning in their home.

For indoor events happening across the city, visit: [whatson.melbourne.vic.gov.au](http://whatson.melbourne.vic.gov.au)



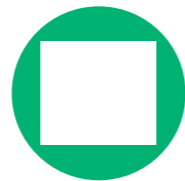
### LOOK OUT FOR YOURSELF AND OTHERS

Check in on others regularly, particularly those most at risk, such as your neighbour living alone, older people, people with a disability, young people, people with a medical condition and pregnant/nursing mothers. Visit the Better Health Channel ([betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)) for more information.

If you take medication, be sure to store it in a cool environment and follow the storage instructions on the packet. If in doubt, ask your doctor.

Hot weather can also affect your mood and contribute to feelings of loneliness. It is important to stay connected during this time, and reach out to your loved ones. For more information on increasing connection in a heatwave visit: [redcross.org.au/emergencies/resources/](http://redcross.org.au/emergencies/resources/)

For free, confidential mental health support, contact: **Beyond Blue: 1300 22 4636**  
**Lifeline: 13 11 14**



### WHAT DOES HEAT STRESS LOOK LIKE?

Heat related illnesses occur when the body is unable to cool itself. Signs of heat stress include:

- dizziness
- fainting
- rapid pulse
- dry, swollen tongue
- nausea
- headache
- confusion
- vomiting
- seizure.

If you are experiencing symptoms, it is important that you seek medical help. For more information on recognising and treating heat stress, visit: [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

**For life threatening emergencies call 000**

For 24-hour health advice, contact: **NURSE-ON-CALL 1300 60 60 24**

### HOW DO I PREVENT HEAT STRESS?

- Plan activities for the coolest part of the day, or reschedule for another date.
- Never leave children, older people or pets in cars.
- Eat smaller meals more often, and cold meals such as salad.
- Dress for the heat by wearing lightweight clothing and sun protection. Slow down and avoid intense activity before, during and after a heatwave, as it can take the body three days to recover.
- Seek shade, apply sunscreen and take regular breaks if outdoors.
- Drink cool water regularly, even if you're not thirsty. Avoid alcohol, as this has a dehydrating effect.

For further information, visit [melbourne.vic.gov.au/heatwave](http://melbourne.vic.gov.au/heatwave)



### ACKNOWLEDGEMENT OF TRADITIONAL CUSTODIANS

The City of Melbourne respectfully acknowledges the Traditional Owners of the land we govern, the Wurundjeri Woi-wurrung and Bunurong/Boon Wurrung peoples of the Kulin Nation and pays respect to their Elders past and present.

We acknowledge and honour the unbroken spiritual, cultural and political connection they have maintained to this unique place for more than 2000 generations.

We accept the invitation in the Uluru Statement from the Heart and are committed to walking together to build a better future.

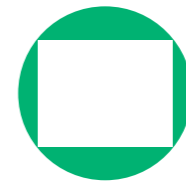
### WHAT ABOUT MY PETS?

Make sure your pets have clean, cool water and shade (if outdoors). You can also:

- Freeze ice blocks with pet food in it to keep your pets cool.
- Keep your pets indoors where possible.
- Provide wet towels or ice packs for your pets to lie on.
- Put ice cubes into their water bowls.
- Avoid walking on pavement on hot days. If the ground is too hot to rest the back of your hand against, it is too hot for their paws. For both of your health, try to only walk them during the early morning and/or early evening.

Never leave your pet in a hot car. If you see a pet in a hot car, call 000.

For more information, see: [melbourne.vic.gov.au/heatwave](http://melbourne.vic.gov.au/heatwave)



# HEAT SAFE CITY



### FOR MORE INFORMATION

For further information about City of Melbourne heatwave planning, drinking fountains and cool places maps, and other heatwave resources visit [melbourne.vic.gov.au/heatwave](http://melbourne.vic.gov.au/heatwave)

For further information on heatwaves, preventing heat related illness and food safety due to emergency power failure refer to Department of Health: [health.vic.gov.au/environmental-health/extreme-heat-and-heatwaves](http://health.vic.gov.au/environmental-health/extreme-heat-and-heatwaves)

### **FOR EMERGENCIES: 000**

For 24-hour health advice, contact: **NURSE-ON-CALL: 1300 60 60 24**

For further information visit: [emergencyprepare.com.au/heatwave](http://emergencyprepare.com.au/heatwave)

### Translations



## LIBRARIES

Libraries can provide a wonderful place of respite to escape the hot weather. Curl up with a book or magazine, participate in a workshop or chat to the friendly staff while enjoying the facilities at City of Melbourne's libraries:

**City Library (E4) ♣ 1, East Melbourne Library (G4) ♣ 2, Kathleen Syme Library (E2) ♣ 3, Library at the Dock (C5) ♣ 4, North Melbourne Library (D3) ♣ 5, Southbank Library (E5) ♣ 6, narm ngarrgu Library and Family Services (E3) ♣ 7**

For general opening hours and further information, please visit: [melbourne.vic.gov.au/libraries](http://melbourne.vic.gov.au/libraries)

## COMMUNITY CENTRES

Neighbourhood houses are volunteer-run hubs where you can participate in indoor activities, events and classes. Melbourne has several of these houses:

**Carlton Neighbourhood Learning Centre (F2) ♣ 8, The Centre (D3) ♣ 9, Kensington Neighbourhood House (B2) ♣ 10, North Melbourne Language & Learning (C2) ♣ 11**

For more information, visit the website of each Neighbourhood House.

## Neighbourhood Portals

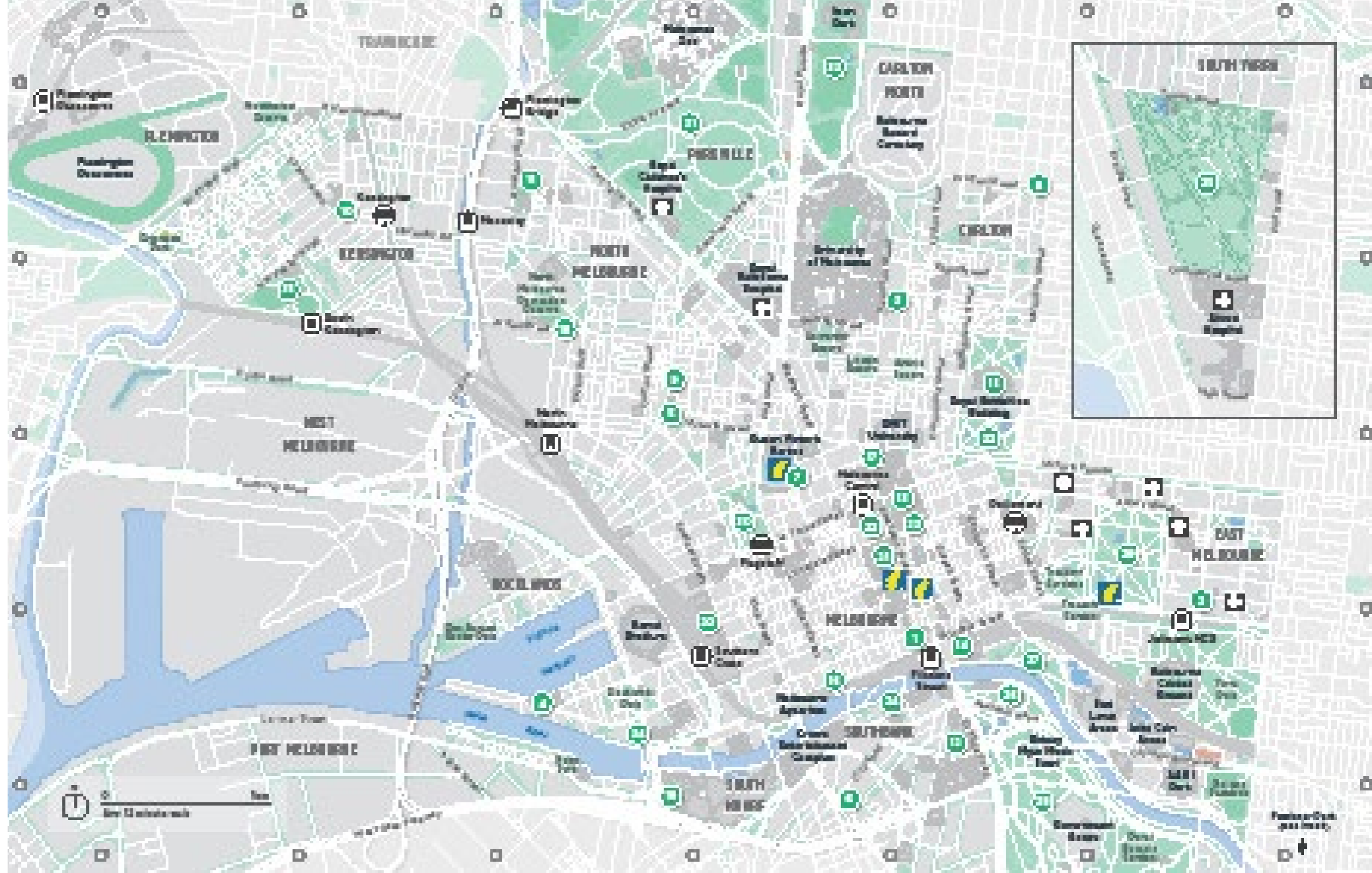
Each neighbourhood has its own digital portal, where you can find local information, events, and support.

Visit [participate.melbourne.vic.gov.au/neighbourhoods](http://participate.melbourne.vic.gov.au/neighbourhoods) for further information and to find your portal.

## INDOOR ACTIVITIES

Free indoor activities include **National Gallery of Victoria (E5) ♣ 12, State Library Victoria (E3) ♣ 13** or **ACMI (E4) ♣ 14, Melbourne Museum (F3) ♣ 15** and **Immigration Museum (E4) ♣ 16** offer low-cost entry, and if you like swimming, head to **Melbourne City Baths (E3) ♣ 17** or **North Melbourne Pool (C2) ♣ 18**.

Shopping centres also provide a place of respite. Find these cool places at **DFO Southwharf (D5) ♣ 19** or **DFO Southern Cross (D4) ♣ 20, Emporium Melbourne (E4) ♣ 21, Melbourne Central (E4) ♣ 22, QV Retail (E4) ♣ 23** or **Southbank (E5) ♣ 24**.



## PARKS AND GARDENS

If you wish to be outdoors, seek a shaded area at one of many parks and gardens. These include:

**Fawcner Park ♣ 25, Alexandra Gardens (F4) ♣ 26, Birrarung Marr (F4) ♣ 27, Domain Parklands (F5) ♣ 28, Fitzroy Gardens (F4) ♣ 29, Flagstaff Gardens (D3) ♣ 30**

**Royal Park (D1) ♣ 31, Carlton Gardens (E3) ♣ 32, Princes Park (E1) ♣ 33, Docklands Park (D5) ♣ 34, JJ Holland Park (B2) ♣ 35**

## COOL ROUTES

Cool Routes is a website you can access on the go - including through your smartphone - to plot your journey to any destination you choose across the city. Cool Routes take into account the time of day, the city architecture and surrounds to map the route best protected from the sun and heat.

The tool is available at [coolroutes.com.au](http://coolroutes.com.au) and [melbourne.vic.gov.au/heatwave](http://melbourne.vic.gov.au/heatwave)

## FOR MORE INFORMATION

There are maps of cool places available for each suburb within the City of Melbourne.

To access these, along with further information and resources on dealing with heat events, visit: [melbourne.vic.gov.au/heatwave](http://melbourne.vic.gov.au/heatwave)

