Know what to do if you or whānau experience the signs and symptoms of heat-related illness:

IF YOU HAVE THESE SYMPTOMS:

- Heavy sweating or a fast heartbeat
- Nausea or vomiting
- Dizziness, faintness or headache
- Muscle cramps, weakness, tiredness or passing less urine
- Poor concentration, memory or slower reactions

THEN:

- Drink water or electrolytes
- Cool the skin with wet cloths
- Remove excess clothing
- Rest in a cool well ventilated area
- Seek medical advice if not improving.

CALL 111 IMMEDIATELY IF YOU HAVE THESE SYMPTOMS

- Seizures
- Confusion
- Severe weakness, dizziness, or tiredness
- Reduced level of consciousness
- Dry, red, hot skin without sweating

LOOK OUT FOR OTHERS

Check in with older people, babies, young children and anyone who may struggle in the heat. Ask how you can help.

For further information contact your doctor, healthcare provider or pharmacist
OR for free medical advice 24/7, 365 days a year, call Healthline on 0800 611 116.
In an emergency, call 111.

KEEPING SAFE IN THE HEAT

Practical steps to help you and your whānau stay well during hot weather.

- STAY COOL
- DRINK WATER
- PLAN AHEAD
- KNOW YOUR MEDICINES

HEALTH HAWKE'S BAY
Te Oranga o Te Matau-a-Māui

Heatwaves can worsen existing health conditions and can cause serious heat-related illness. Here are some ways you can prevent heat-related illness:

STAY COOL

- Open windows when it is cooler.
- Close blinds or curtains to keep heat out.
- Use fans or air conditioning to cool the air.
- Rest and take breaks. Remove excess clothing.
- Use wet towels, cool foot baths, or cool showers and baths.

DRINK WATER

- Drink small amounts often, even if you are not thirsty. Thirst can be a sign you are already dehydrated.
- If a health condition means you limit fluids, ask your health professional how much to drink.
- Eat nourishing cold foods with a high water content, such as fruit and salads.
- Avoid sugary, hot, caffeinated, energy and alcoholic drinks.

PLAN AHEAD

- Check the forecast. Pack enough water and know where to get help.
- Exercise or do strenuous activity during cooler parts of the day.
- Stay in shade, wear lightweight clothing and be SunSmart.
- Never leave children or pets unattended in a parked car.

KNOW WHAT TO DO WITH YOUR MEDICINES IN HOT WEATHER

- Keep medicines below 25°C or in the refrigerator if the packaging says to, but out of reach of children.
- Keep medicines away from windowsills and direct sunlight.
- Some medicines can make your skin more sensitive to sunlight. Check with your doctor, nurse or pharmacist.
- Some medicines can increase the risk of heat-related illness. Ask your doctor, nurse or pharmacist to help you with a hot weather medicine plan.

Use this space to make some notes or write down your hot weather medicines plan:

Add advice from your health professional here