

Heat Safety: Preparing for the Heat

Queensland is experiencing increases in the frequency and duration of heatwaves so it's vital to be prepared.

Here are some easy ways to prepare for the heat and stay safe when it's hot:



Preparing myself

- + Stay updated and watch weather updates. You can use the [Bureau of Meteorology Heatwave Service](#)
- + Know who you will call for help and who you can check in with during heatwaves
- + Plan where you can go to stay cool. For example, libraries, community centres or shopping centres. Know who you can call for help getting somewhere cool if you need transport
- + Talk to your doctor about managing the heat, especially if you have a medical condition, take medication regularly or have fluid restrictions
- + Ask your doctor how medicines should be stored safely during hot weather or a power outage.
- + Have an emergency plan and kit if blackouts occur



Preparing my home

- + Stock up on essentials like food, water, medicines, and toiletries so you can limit going outside in the heat
- + Store cool packs in the fridge or freezer and make ice cubes
- + Fill spray bottles with cool water to use on your face and body
- + Store foods and medicines at safe temperatures
- + Check that fridges, freezers, fans and air conditioners work well
- + Create cool rooms and cross breezes in your house
- + Protect windows from the sun with blinds or curtains



Preparing my emergency heat safety kit

- ☐ Emergency contact numbers
- ☐ First aid kit
- ☐ Bottled drinking water
- ☐ Non-perishable food supply
- ☐ Sufficient medications supply
- ☐ Towels (for soaking and cooling)
- ☐ Esky (in case of power outage)
- ☐ Battery operated fan
- ☐ Spare phone charger
- ☐ Portable power pack
- ☐ Copies of important documents (e.g. driver's license, passport, birth certificate and Medicare card)

If you need medical advice during the heat, call 13 HEALTH (13 43 25 84) or in the case of an emergency, always call triple zero (000).



**Queensland
Government**

BlueCare's heat health resources were funded by the Queensland Government under the Sector Adaptation Plan co-investment program, to advance climate change resilience in the human health and wellbeing sector. This is another example of how the Queensland Government's [Climate Action Plan](#) is making a difference.

Sources: Queensland Health, [How to keep cool and stay hydrated](#), 2026. Queensland Health, [People at risk of heat-related health problems](#), 2026.

bluecare.org.au/heatsafety

**Heat happens.
Stay Cool.**