

It will be hot.

Plan what you can do.

Blank page



It may get very hot. It is very hot for lots of days.

It is day after day. It may be hot at night.

We call it a heat wave.



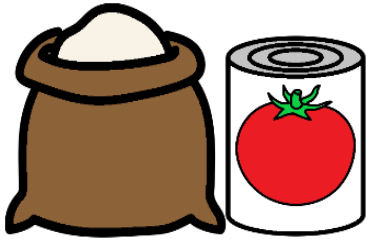
Heat can be bad for you.

It can make you sick.

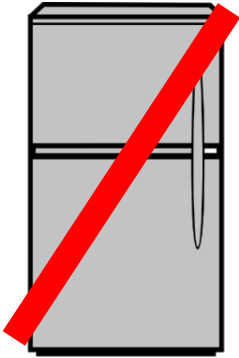


Here are some things you can do now.

You will be ready for hot days.



Food



The power may go off. You

- can **not** use your fridge
- can **not** use your freezer
- can **not** use your stove
- can **not** use your microwave.



You need food you keep in the cupboard. Like

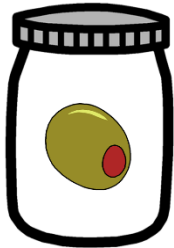
- tins of food
- dried fruit. It may be apricots.



The power is off.

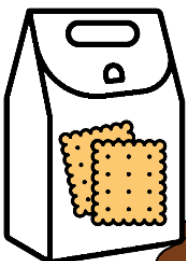
You need food

- you do **not** need to cook
- you can eat cold.



You can get food like

- tins of corn
- tins of fish
- jar of olives.



You can get

- crackers
- nuts
- dried fruit. Like dates.



Water to drink



Most days you drink about 2.5 litres of water.

It is

- 2 **big** bottles

and

- half a **big** bottle.



On hot days you need to drink more.

Like 3 litres of water.

It is 3 **big** bottles.



The power may go off.

You may **not** have clean water.



You need water in bottles.

You need 4 litres for each person.

It is the same as 4 **big** bottles.

It will last 1 day.

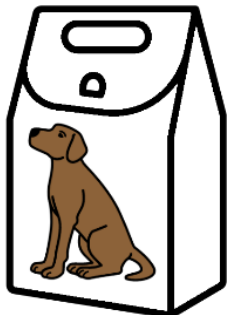


More things you may need



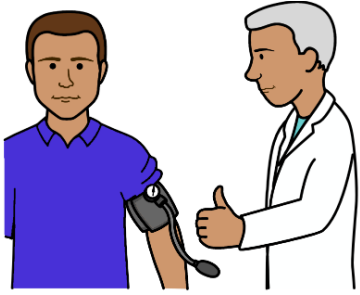
You need things for your baby. Like

- milk powder
- baby food
- nappies.



You need food for your pets.

Blank page

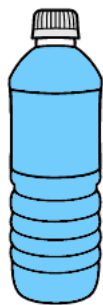


Your body



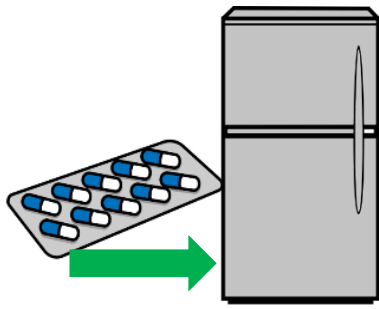
See your doctor. Ask what the heat will do to

- your body
- your medicine. Like pills you take.



Your doctor will tell you what you need. Like

- drink more water
- change your pills.



Your pills may need to be cool.

You put them in the fridge. Ask your

- doctor

or

- chemist.



The power goes out. You can **not** use your fridge.

Read

It is hot. Look after your food.



Check you have the medicine you need.

It may be

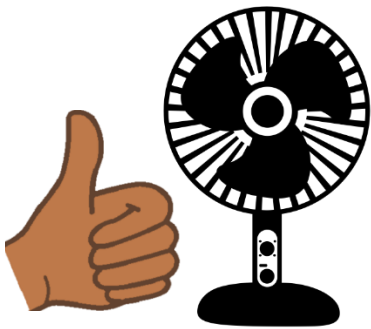
- your puffer

- your pills.



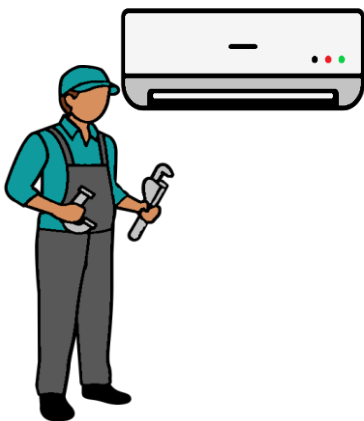
Your home

Things to help keep your home cool.



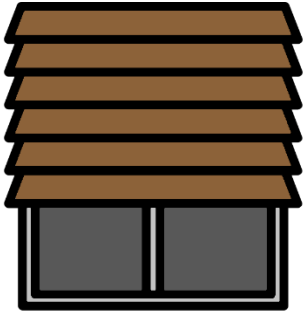
Check things work. Like the

- fan
- air conditioner.



You may need a person to check your air conditioner. They check it

- works well
- is safe
- does **not** waste power.

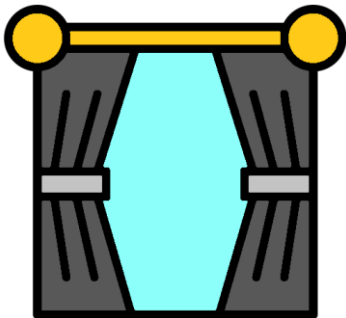


Get out side covers for your windows.

You pull them down on hot days.

They keep the heat out. You can get

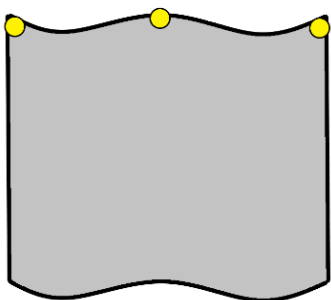
- blinds
- shade cloth.



In side you can get

- curtains
- blinds.

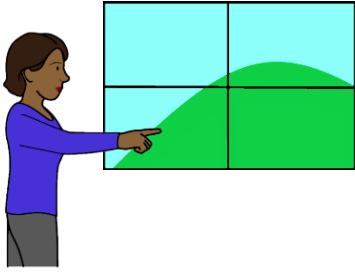
You close them on hot days.



In side you can use a

- blanket
- dark sheet.

You hang them over your windows.



You want to go out



You want to do things out side. Like

- walk the dog
- work in the garden
- play sport.

Or



You must go out. Like you must

- go to work
- see the doctor.



You may

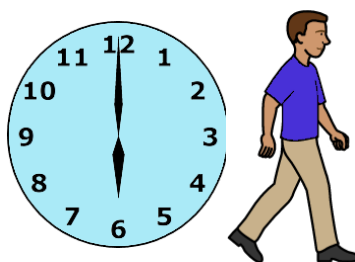
- get sun burn
- get sick.

You can do things to stay well.

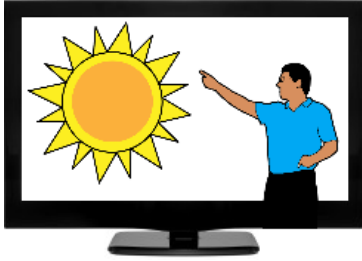


Plan to go out when it is cool.

It may be before 10 in the morning.



It may be after 6 in the evening.



You can check the weather. It is

- on the TV news
- on the radio
- in the news paper
- on your phone. It is an app.

Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

It may be very hot on

- Monday
- Tuesday.

You plan to stay home. Wednesday is cool.

You plan to go out on Wednesday.



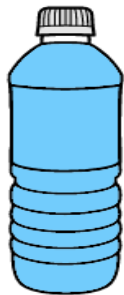
Wear

- a hat
- sunscreen.



Wear summer clothes.

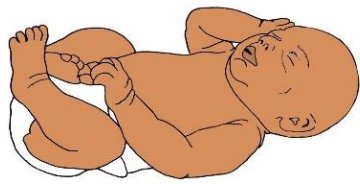
It covers your arms.



Take water with you.

Sip water every 20 minutes.

It is the same as 3 times each hour.



Your baby



You have a baby.

You use milk in a bottle.

Or

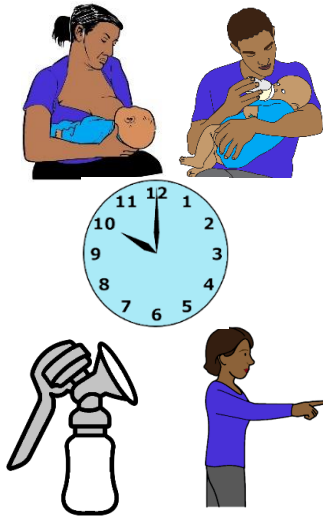
You use a pump for breast milk.



Check you have the things you need. Like

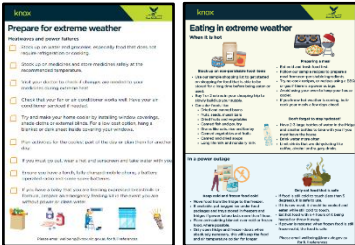
- breast pump bits
- milk powder
- bottles
- teats.

Images



We can use these images. They are from

- Change People
- Inspired Services
- Picto Selector
- The Noun Project
- Tobii-Dynavox.



This fact sheet is based on information in the Knox City Council **Prepare for Extreme Weather** and **Eating in Extreme Weather**.



Access Easy English wrote the Easy English.

October 2023.