

STAY COOL

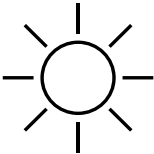
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Ask your doctor about your personal heat risk. [stethoscope]	Plant native trees and/or grow a 'green curtain'. [green curtain]	Learn the signs and symptoms of heat related illness. [sick face]	Wear light coloured clothing. [white t-shirt]	Plan and prepare cool meals. [salad + fruit]
Insulate and draft proof your home. [wind gust]	Download the BOM weather app. [smart phone]	Dress for sun safety. [hat+ sunnies + sunscreen]	Create and stay inside a dedicated cool room. [old person sitting in an armchair in front of fan]	Fill and freeze ice trays and cold packs. [freezer with ice trays/ cool bag]
Check that air-conditioners, fans and refrigerators are working properly.	Wet your skin. [spray bottle on arm]		Prepare for power outages. [torch + batteries]	Close blinds and cover windows early. [two arms closing curtains]
Drink plenty of water. [glass of water]	Monitor the health of young children and elders. [thermometer in mouth]	Avoid outdoor physical activity during peak heat hours. [water garden in the morning]	Keep pets cool indoors with lots of water. [dog with water bowl]	Bin bad food. [open fridge]
Visit a cool place. [library/ cinema]	Use fans first then add air-con. [electric fan + air-conditioning]	Turn off all unnecessary appliances. [switch turned off at the wall]	Open windows. [open window]	Check on others. [someone on a call]



Before Summer



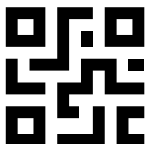
During a Hot Day



During a Heatwave



After a Heatwave



For more helpful resources and information about how to prepare for extreme heat scan this QR code or visit www.bayside.nsw.gov.au/environment/resilience/staycoolbayside

**Heatwaves have killed more
Australians than any other natural
disasters combined.**

Bayside, its time to get Heat Ready.



Download the BOM APP



Learn the signs and symptoms
of heat related illness and
follow NSW Public Health Advice.



Contact
Health Direct Australia
for trusted health advice
1800 022 222.

In the case of a medical emergency call 000.

BEAT THE HEAT

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Ask your doctor about your personal heat risk. 	Plant native trees and/or grow a 'green curtain'. 	Learn the signs and symptoms of heat related illness. 	Wear light coloured clothing. 	Plan and prepare cool meals. 
Insulate and draft proof your home. 	Download the BOM weather app. 	Dress for sun safety. 	Create and stay inside a dedicated cool room. 	Fill and freeze ice trays and cold packs. 
Check that air-conditioners, fans and refrigerators are working properly.	Wet your skin. 		Prepare for power outages. 	Close blinds and cover windows early. 
Drink plenty of water. 	Monitor the health of young children and elders. 	Avoid outdoor physical activity during peak heat hours. 	Keep pets cool indoors with lots of water. 	Bin bad food. 
Visit a cool place. 	Use fans first then add air-con. 	Turn off all unnecessary appliances. 	Open windows. 	Check on others. 



**BEFORE
SUMMER**



**DURING A
HOT DAY**



**DURING A
HEATWAVE**



**AFTER A
HEATWAVE**

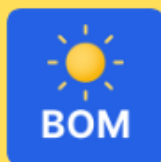


For more helpful resources and information about how to prepare for extreme heat scan this QR code or visit www.bayside.nsw.gov.au/environment/resilience/heatready

Heatwaves have killed more Australians than any other natural disasters combined.

Bayside, its time to get Heat Ready.

Helpful Resources:



BOM Weather APP

Check for weather forecasts and warnings. Scan this QR code to download the app.



NSW Health

NSW Health Website

Learn the signs and symptoms of heat-related illness.



Health Direct Australia

Call 1800 022 222 for 24/7 trusted health advice or download the health direct app.



In the case of a medical emergency call 000.

Are you ready for this storm season?



- ☐ Inspect your roof for damage, missing or broken tiles, cracks, sagging or rust.
- ☐ Fix any issues promptly, document repairs, and consult a professional where required.
- ☐ Clear debris from rooftop gutters and nearby storm drains to prevent blockages, overflow and flooding.
- ☐ Inspect and repair any broken windows or doors.
- ☐ Know how to turn off your utilities, such as your home's power and water supply.
- ☐ Check that your home and contents insurance is up to date and meets your needs.
- ☐ Prepare an emergency ready kit, including a torch and a batteries to use in case of a power outage.
- ☐ Support neighbours, family and friends to get storm ready.

MY INSURANCE DETAILS

Provider: _____

Customer Service Number: _____

Policy Number: _____

Are you ready for this storm season?



Download helpful apps:



BOM Weather APP

Check for weather forecasts and warnings.
Scan this QR code to download the app.



Hazards Near Me App

Receive notifications when a natural disaster is approaching. Scan this QR code to download the app.



Stay Informed:



ABC Radio 702 AM

Listen to the ABC Sydney Radio station for live emergency updates.



Bayside Flood Map

Access and monitor real-time flood data.



Know who to call:



For emergency assistance during a flood, storm or tsunami, call NSW SES on **132 500**.