



### How do I find warnings and stay informed?

Vic Emergency Website	www.emergency.vic.gov.au
Vic Emergency App	download for Apple and Adroid devices (contact Centre for assistance)
Vic Emergency Hotline	1800 226 226 (please note this is a new number)
Social Media	Facebook - fb.com/vicemergency@vicemergency
Radio	ABC Local radio emergency broadcaster 594 AM
CFA for fire information	1800 226 226
State Emergency Service	800 226 226
VicRoads 24 Hour Emergency	131 170
Bureau of Meteorology	www.bom.gov.au/vic
PowerCor Outages & Reports	13 24 12

### What is the role of HBNC on a Code Red Fire Day?

#### Services that will continue:

- All nursing services
- All district nursing services within the town boundary bounded by Glenelg River
- Remote Area Nursing response to emergencies

#### Services that will not continue:

- All in Centre activities including PAG, playgroup, GP visits, BRCC activities
- Respite and District Nursing outside the town boundary
- Routine, non urgent transportation of clients to and from the Centre
- All external excursions and meetings that involve travel
- Emergency response in immediate fire danger areas

In the event that there is a **POWER OUTAGE** in Harrow, the Centre will be powered with a generator enabling only lights and computers to operate. Allied Health services including Physiotherapy and exercise classes will also continue.



### *Preparing for SUMMER*

The Harrow Bush Nursing Centre is pleased to provide this lift out section of the January *Bush Telegraph* to assist you in preparing for the coming summer season and ensure that you are informed about how our service can assist you at this time. The staff and Committee of Management highly value the safety and well-being of our community and wish to ensure that our consumers are informed and can make good choices about their plans in the time of a heat wave or emergency.

In the following pages there is advice for preparing for heat alert days and recognising signs of heat exhaustion as well as information regarding websites and contact numbers that you can go to for advice. We recommend that you keep this document in a place that you can easily go to when needed.

You may be aware of the Vic Emergency App that is available for many mobile phone devices. We strongly recommend that you have this App on your phone and our staff are very happy to assist anyone who is having difficulty in accessing this. This App and having your radio tuned to the local ABC radio 594 will keep you informed of any emergencies and alerts for your local area.

Being prepared is the best plan, we can all become complacent and think that we are safe in this season but recent events locally have highlighted to many of us how quickly a fire emergency can occur and how being prepared is so very important. We hope that the following information will assist you and ask that you contact the staff at the Centre for further information where required.

**Ann Vaughan**  
Centre Manager

### What to do with heat exhaustion?

#### Heat exhaustion

This is the body's reaction to losing excessive amounts of water and salt contained in sweat.

**Symptoms:** Heavy sweating, pale skin, fast and weak pulse rate, fast and shallow breathing, muscle weakness or cramps, tiredness and weakness, dizziness, headache, nausea or vomiting, fainting.

**What to do:** Move to a cool place (preferably air-conditioned) and lie down. Remove excess clothing, take small sips of cool fluids, and have a cool shower, bath or sponge bath. Put cool packs under the armpits, on the groin or on the back of the neck to reduce body heat. If symptoms last for longer than one hour, call your doctor, go to the nearest hospital emergency department, or call triple zero (000) for an ambulance.

#### Heat stroke

This occurs when the body temperature is not controlled properly and it rises above 40.5 °C. It is the most serious heat-related illness and is a life-threatening emergency. Immediate first aid aimed at lowering the body temperature as quickly as possible is very important.

**Symptoms:** A sudden rise in body temperature, red, hot dry skin (because sweating has stopped – though the person may still be sweaty if they have been exercising), dry, swollen tongue, rapid pulse, rapid shallow breathing, intense thirst, headache, nausea and vomiting, dizziness, confusion, poor coordination or slurred speech, aggressive or bizarre behaviour, loss of consciousness, seizures or coma.

**What to do:** Call triple zero (000) immediately and ask for an ambulance. While you are waiting for help, move the person to a cool, shaded area and keep them as still as possible. Remove excess clothing and give them small sips of water if they are conscious and able to drink. Bring their temperature down any way you can, for example by gently spraying them with cool water from a spray bottle or garden hose, soaking their clothes with cool water, or sponging their body with cool water. Place cool packs under their armpits, on the groin or on the back of their neck to reduce body heat. Do not give aspirin or paracetamol because they won't help and may be harmful. If they are unconscious, lay the person on their side (the recovery position) and check they can breathe properly. Perform CPR if needed.



### How do I manage myself in hot weather?

#### Drink plenty of water

It's important to keep drinking water even if you don't feel thirsty because this can prevent you from becoming dehydrated. Avoid alcoholic, hot or sugary drinks (including tea and coffee) because these can make dehydration worse.

#### Keep your body cool

Make sure you stay out of the sun. Drinking cold drinks and eating smaller, cold meals, such as salads and fruit, can also help you to keep cool. Other things to do include wearing light-coloured and loose-fitting clothes made from natural fibres such as cotton, and taking cool showers or baths.

#### Keep your house cool

You can help keep your house cool by shutting curtains and blinds during the day. If you don't have air-conditioning, go to a cool place such as a library, shopping centre, cinema or swimming pool. Stay in the coolest room in the house and use the stove and oven as little as possible.

#### Take care of others

Visit or call elderly friends, neighbours or relatives at least once a day. Check they have water in the fridge and encourage them to drink it. You may like to take them to a shopping centre, library or cinema with air-conditioning. Children also need to be reminded to drink water, and babies, children or animals should never be left alone in a car, even if the air-conditioner is on. Ensure animals have water and plenty of shade if they are outside.

#### Have a plan

Keep an eye on the weather forecast and know who to call if you need help. Ask your doctor if you have any health conditions that mean you are at greater risk of heat-related illness, and what you need to do about them to keep well in the heat. If you are unwell, contact your doctor or go to the nearest hospital emergency department. If you think your symptoms are serious, call for an ambulance immediately on triple zero (000). See the sections below for when you may need to seek medical help.

#### Keep your food safe

Make sure food that needs refrigeration is properly stored, and defrost foods in the fridge, not on the kitchen bench. When the heat has passed, continue to drink plenty of water. Open windows and doors to let your house cool down, contact family and friends to find out how they have coped and to see if they need help, and go to your doctor if you feel unwell.

#### Stay safe in the sun

If you need to go out in the sun, it's important to protect your own and your children's skin. If you avoid sunburn, you reduce the risk of skin cancer, which is one of the most common cancer types in Australia.

### Emergency Kit Checklist:

In case you need to leave your home quickly in the event of fire or other circumstance, the following checklist is a guide for packing an emergency kit. This kit checklist has been recommended by CFA.

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|---------------------------|---------------------------|
| ⇒ First Aid Kit           | ⇒ Cash & ATM credit cards |
| ⇒ Clothes & Toiletries    | ⇒ Drinking Water & Food   |
| ⇒ Important documents     | ⇒ Pet food                |
| ⇒ Medicines/Prescriptions | ⇒ Woolen Blankets         |
| ⇒ Bushfire plan           | ⇒ Torches and batteries   |
| ⇒ Battery powered radio   | ⇒ Phone and charger       |