MODULE 5

Harsh Heatwaves

A heatwave is any long period of very hot weather.

In Australia, heatwaves usually range from 37°C to 42°C.

Heatwaves are the deadliest natural hazard in Queensland, leading to the loss of more than 100 lives every year.

Heatwaves impact anyone but it is important to take special care of:

Babies and children, the elderly, people with medical conditions

People who work in the outdoors

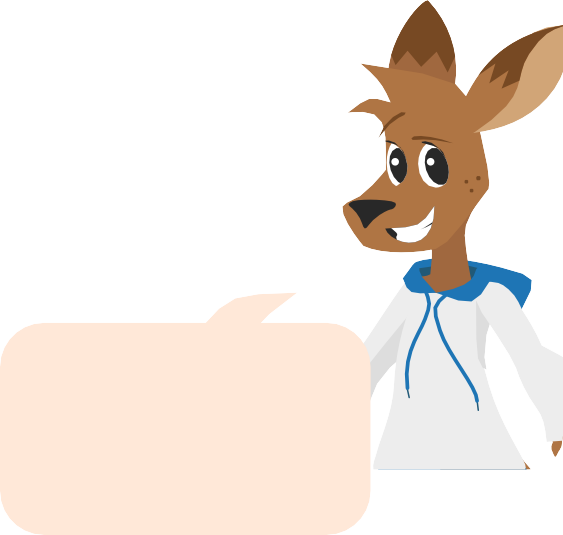
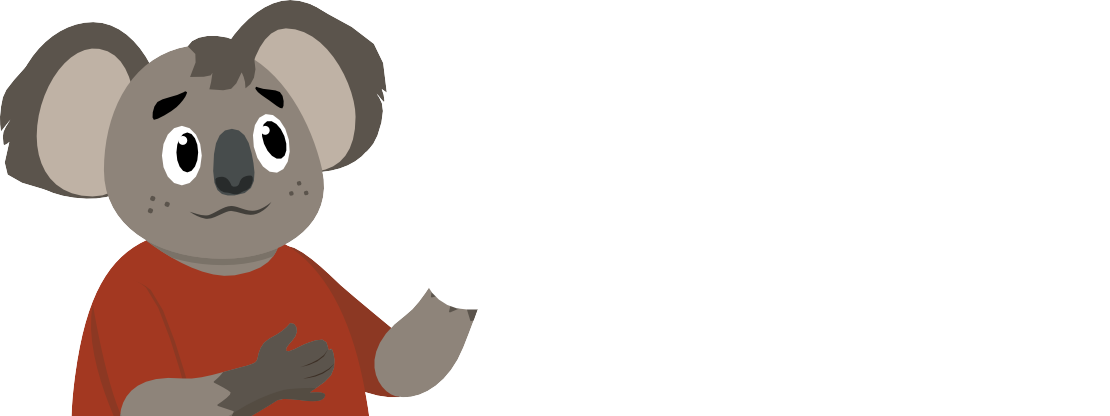
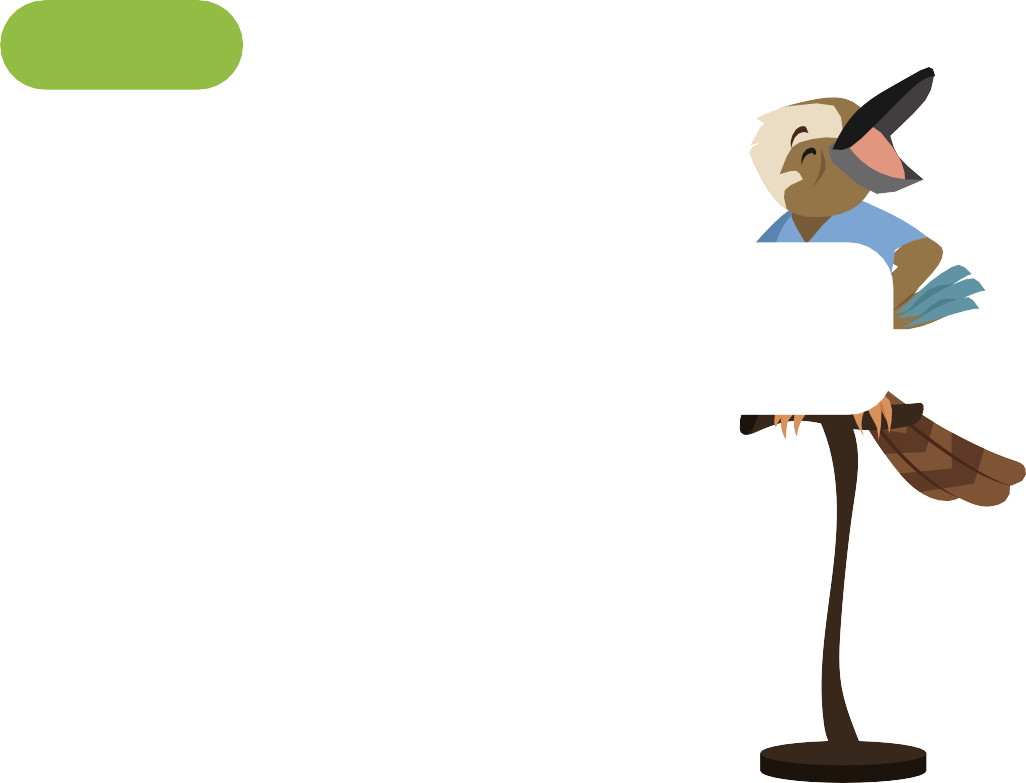
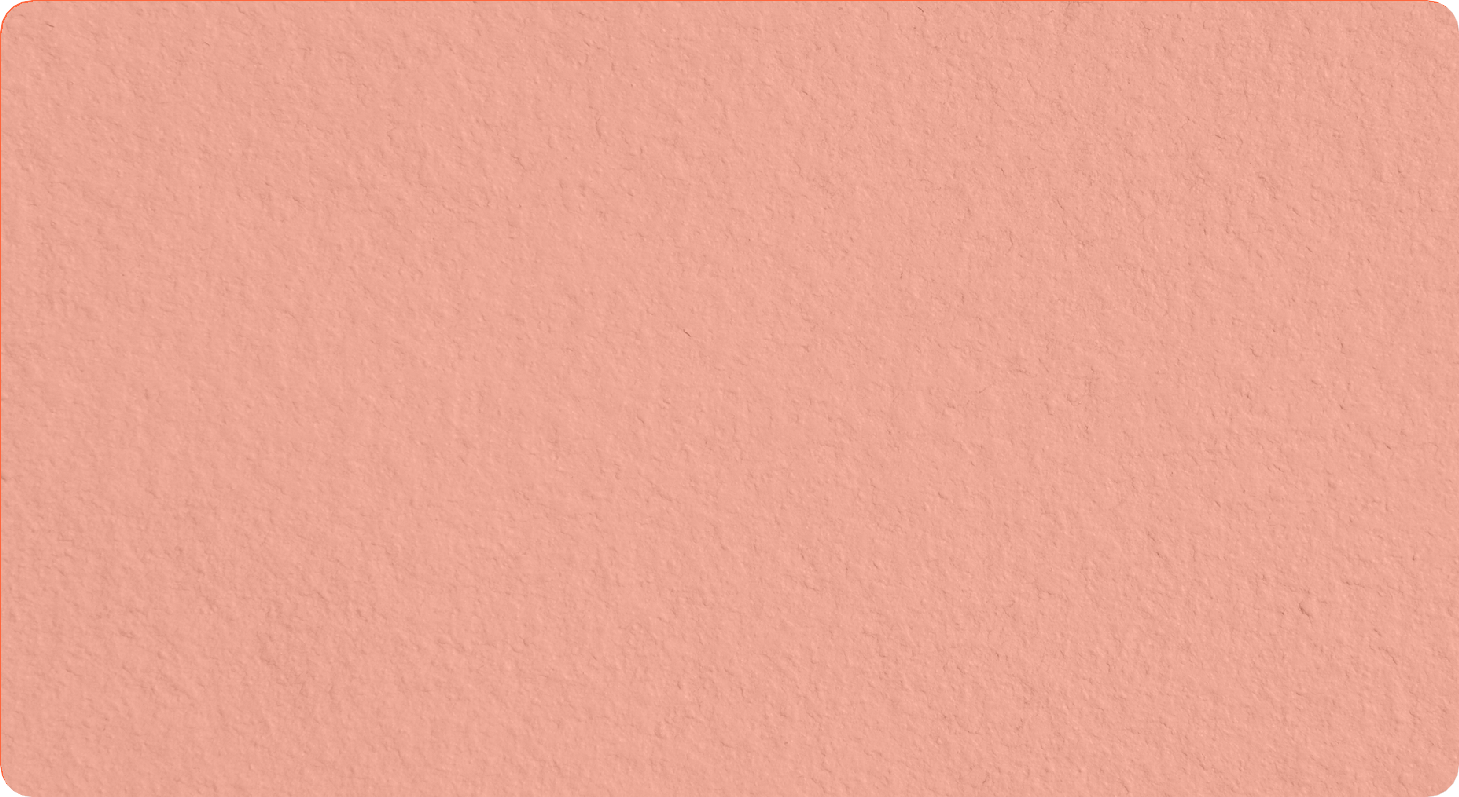
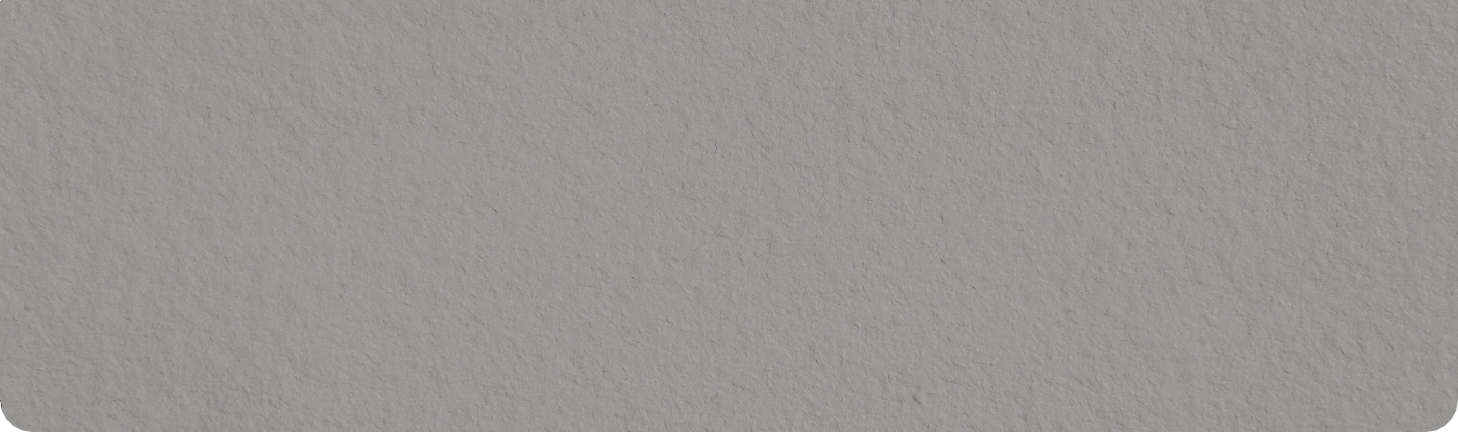
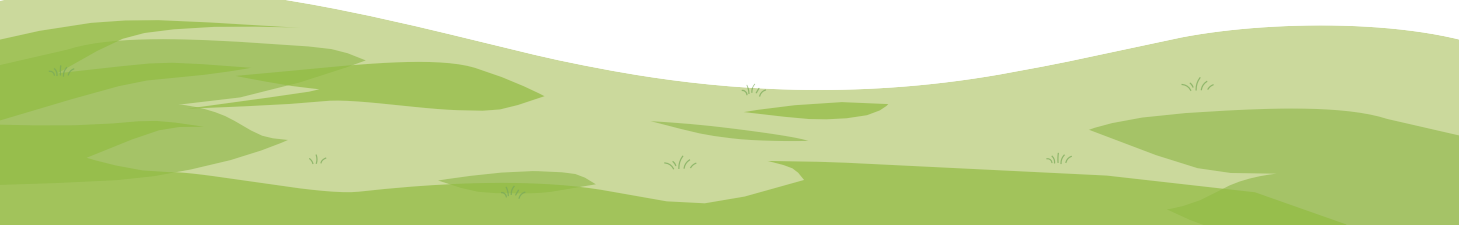
Pets

# In a heatwave: Understand symptoms of heat sickness:

* Drink lots of water
* Stay in the shade and use fans or air-conditioning
* Wear light clothing, a head and sunscreen
* Feeling sick or vomiting
* Dizzy or weak
* Fast breathing or short of breath
* High temperature
* Red, dry skin

The number to call if you need emergency health care is 000.

# DISCUSSION QUESTIONS



* 1. What is a heatwave?
  2. Have you been in a heatwave? What was it like?
  3. How do you know if there is going to be a heatwave?
  4. What damage can a heatwave cause?
  5. What are the ways to protect yourself and others during a heatwave?