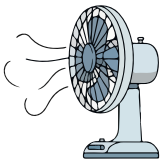
Checklist for Heatwave Preparation for Seniors

1. Keep Cool Indoors

- [ ] **Manage your environment**: Stay indoors during peak heat hours.
- [ ] **Cooling the space:** Early in the morning, close curtains and blinds and turn on air-conditioning and fans early. In the evening, open windows if there is cool air.



- [ ] **Cooling yourself:** Use portable handheld fans, cool showers, misting sprays, damp cold cloths, and instant cold packs.
- [ ] **Prepare for outages:** Keep a portable power bank charged so your phone and portable fans remain operational during grid strain or blackouts.
- [ ] **Find relief elsewhere**: Visit a local Heat and Smoke Haven (especially during power outages), air-conditioned public venues, or a friend with a cool place.

2. Hydration & Nutrition





- [ ] **Sip constantly**: Keep water nearby and sip throughout the day, even if you do not feel thirsty.
- [ ] **Choose wisely**: Limit alcohol, sugary beverages, and heavy caffeine.
- [ ] **Eat light:** Choose cool, light meals like salads and fresh fruit.
- [ ] **Refrigerate food:** Store and/or defrost food in the fridge, don't overcrowd with too much food, and always make sure food is safe during power outages.

3. Medication Management



- [ ] **Proper storage**: Keep all medications stored in a cool, dry place.
- [ ] **Professional advice**: Ask your doctor or pharmacist if your medications increase heat sensitivity.
- [ ] **Monitor body temperature**: Check with a digital thermometer if you're feeling unwell.



Remember that our bodles handle heat less effectively as we age, particularly with some medications and health conditions.

4. Leaving the House



- [ ] **Dress for the weather:** Wear loose, lightweight, light-coloured cotton clothing.
- [ ] **Sun protection:** Wear a hat, sunglasses, and sunscreen outdoors.
- [ ] **Water and Medications:** Take an insulated water bottle and only the medications you need (keep them cool and dry).
- [ ] **Plan ahead:** Schedule errands and outdoor activities for the cooler morning or evening hours.

5. Staying Connected & Supported



- [ ] **Daily check-ins:** Arrange regular check-ins with family, friends, or neighbours.
- [ ] **Emergency readiness:** Keep a list of emergency contacts clearly visible on your refrigerator.

6. Care for Pets

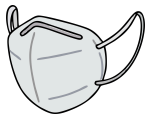


- [ ] **Hydration & Comfort**: Provide fresh water with ice, keep pets in the coolest room of the house, and protect their paws from hot roads and pavements.
- [ ] **Absolute rule**: Never leave pets unattended in vehicles.

7. Protection from Smoke Hazards



- [ ] **Seal your space:** Stay indoors with windows and doors closed. Switch your air conditioner to recirculate mode so outdoor smoke doesn't enter.
- [ ] **Indoor air quality:** Avoid frying food indoors, vaping, using candles, or burning incense.



- [ ] **Find clean air:** Visit a Heat and Smoke Haven (or other places) which have HEPA air purifiers.
- [ ] **Health & protection:** Manage your conditions, check in with your doctor if feeling unwell, wear a P2/N95 mask if you must go outside.

⚠ WARNING SIGNS TO WATCH FOR ⚠

Heat Exhaustion	Heatstroke (Medical Emergency)
Symptoms: Heavy sweating, dizziness, headache, weakness, nausea, muscle cramps.	**Symptoms**: Confusion, slurred speech, hot and dry skin, rapid pulse, fainting.
Action: Move to a cool area and sip water.	**Action: CALL TRIPLE ZERO (000) IMMEDIATELY.**