



Know the signs
and be prepared

- nt.gov.au/heatstress
- secureNT.gov.au

**EXTREME
HEAT
CAN BE**

FATAL

We know it can get warm across the Territory throughout the year but it's important to recognise when hot weather becomes extreme heat.

Extreme heat can have serious impacts on your health. Make sure you monitor the weather and check for Heat Health Warnings so you can be prepared, and beat the heat.

Heat Health Warnings will be issued when certain heatwave triggers have been met.



EXTREME HEAT HEALTH WARNINGS

Extreme heat can be dangerous for everyone, including pets.

Warnings are issued when temperatures for a 3 day period are considered extremely hot for that location. Typically these temperatures will range from the low to mid-forties, with the overnight temperature in the mid to high-twenties providing minimal relief.



SEVERE HEAT HEALTH WARNINGS

Severe heat can impact the health of vulnerable groups including older people, babies, children, people with medical conditions, women who are pregnant or breastfeeding and pets.

Warnings are issued when temperatures for a 3 day period are considered hot for that location. Typically these temperatures will range between the high-thirties to low-forties, with the overnight temperature in the mid-twenties.

BEAT THE HEAT

and look after your health



Stay hydrated



Keep cool



Stay in the shade



Wear a wide brimmed hat



Dress in light, loose clothing



Apply SPF 50+ sunscreen



Avoid alcohol and caffeinated drinks



Plan ahead and monitor for heat health warnings



Know the signs of heat stress and help others

**Seek medical advice if you feel unwell.
If symptoms are serious**

Call Triple Zero [000]