How to keep cool and safe this summer

The Public Health Association of Australia (PHAA)* has today released a fact sheet to help Australians prevent and respond to heat stress this summer.

The ‘fridge door’ publication provides essential information on how to keep cool and what to look out for and respond to in order to remain safe in very high temperatures.

Find it here.

“The intensity of heatwaves has increased in Australia, along with extreme fire weather, and this trend will continue because of anthropogenic global warming,” PHAA CEO, Terry Slevin said.

Heatwaves - defined as three or more days of high and unusual temperatures - are already hotter, longer and more frequent.

“Heatwaves are no longer an anomaly, and records will continue to be broken,” Mr Slevin said.

“Individuals, families and communities are encouraged to know the basics to keep themselves safe from heat-related illnesses.”

“Please have the conversation about how to prepare.”

“Older people and people with cardiovascular disease are at an increased risk during extreme heat due to their reduced ability to sweat, which is the key way our bodies cool down.”

“Others at increased risk include people living with deprivation, and young children.”

*The PHAA is Australia pre-eminent public health organisation with a charter to promote and advocate for health prevention.

ENDS

For further information/comment:
Terry Slevin, CEO of the Public Health Association Australia: 0419 901 599 tslevin@phaa.net.au
GP Dr Peter Tait, PHAA Environment and Ecology Special Interest Group Convenor: 0429 386 186 aspetert@bigpond.com
Dr Liz Hanna, PHAA expert on population and climate health: 0418 99 55 04