



CatholicCare Sydney works with the Australian Government Aged Care Quality Commission to ensure everyone in our community is aware of the risk and danger of illness caused by heat and fire in the home or nearby.

Take extra care if you have a medical condition such as heart disease, diabetes, kidney disease and you're taking medication that might affect how your body reacts to heat, or medication used to treat allergies, blood pressure, heart conditions, seizure disorders, or mental health conditions.

Please take five minutes to read this fact sheet that could save you, a neighbour, family, or someone who is unable to support themselves in a dangerous situation.

Home Fire Safety	Keeping Cool and Hydrated
<p>It takes 30 seconds for a small flame to get out of control.</p> <p>If you are caught in a fire – stay, low, get out – stay out.</p> <p>If your clothes catch on fire – Stop, Drop, Cover and Roll.</p>	<p>Even if you don't feel thirsty drink water. Keeping cool keeps you healthy.</p> <p>Take care of others, especially if they are at risk of overheating.</p>
<ul style="list-style-type: none"> ✓ Install Smoke alarms – test regularly – they save lives. 	<ul style="list-style-type: none"> ✓ Drink cold drinks.
<ul style="list-style-type: none"> ✓ Have a written or drawn escape plan and keep it in view for all occupants. 	<ul style="list-style-type: none"> ✓ Eat small cold meals like salads and fruit.
<ul style="list-style-type: none"> ✓ Never leave an open flame, cooking, candle, or oil burner unattended. 	<ul style="list-style-type: none"> ✓ Wear natural fibre, light colored, loose fitting clothes. ✓ Plan to be out of the sun from 11am – 5pm.

Home Fire Safety

- ✓ Clean lint filters in your dryer after using.
- ✓ Smoking can lead to fatal burns and fire hazards, do not smoke in bed. Be careful when consuming alcohol and smoking.
- ✓ Switch off appliances and do not overload PowerPoints.
- ✓ Teach children that lighters, matches, candles are not Toys, but are tools used by responsible adults.
- ✓ Store chemicals safely and refuel machines when the motor is cool e.g., edge trimmer and mower.
- ✓ BBQ – keep clean from fat residue and maintain to avoid explosions from residue build-up.
- ✓ Keep your home clear of leaves and clean gutters regularly.
- ✓ Security bars should have quick-release devices.
- ✓ Use an alternate escape route if a fire is on the other side of the door. Use the back of your hand to feel the door, if hot do not open.
- ✓ If you live in an apartment – know your evacuation plan. Never use a lift or elevator during a fire.
- ✓ For further information and updates visit fire.nsw.gov.au. In the case of an emergency call Emergency Services on 000.

Keeping Cool and Hydrated

- ✓ Make use of wet towels or cold packs to keep cool.
- ✓ Take a cool shower or pour cold water on your wrists or ankles.
- ✓ Keep physical activity during cooler hours of the day.
- ✓ Wear a wide-brimmed hat, and sunglasses and take a bottle of water with you.
- ✓ Stay hydrated by drinking water even if you don't feel thirsty. Urine should be pale in colour. Avoid sugary drinks, alcohol, tea and coffee. Stock fridge with cold water and freezer with ice.
- ✓ Keep your home cool by shutting windows, curtains and blinds. Spend time in the coolest part of your home, the ground floor or south side is best. Use your stove as little as possible.
- ✓ Make use of shady parks, your local community aquatic centres, Air-conditioned public buildings like museums, art galleries, libraries and shopping centres.
- ✓ Protect yourself and others by keeping in daily contact with relatives, neighbours and friends, especially those living alone or socially isolated. Make personal visits, text or call. Ask them if they are prepared to take care of themselves during the heat.
- ✓ Food can spoil easily on hot days. Keep kitchen counters clean, store perishables in the fridge, and defrost food in the fridge. If there is a power outage, understand how to manage your food.



Bushfires

On hot and smoky days avoid being outdoors. Keep windows shut. Use air conditioning. Head to a local shopping centre, art gallery or museum to take advantage of air conditioning.