

Heat Wave Alert. The alert is currently in place from 9am on Monday 24th June to 9am on Friday 28th June and, if current forecasted temperatures are reached it is likely that there could be some impacts across the health and social care sector.

Telopea are advised this could include the increased use of health care services including social please keep an eye on those with pre-existing health conditions, including respiratory and cardiovascular diseases. There is also the potential for indoor environments, including health and care settings, to become very warm.

However, for patient safety at home please don't leave open windows in view of the road or people walking by. Please leave open windows if possible, out of public view. Nights do get chilly so leave an extra blanket within reach and accessible water.

We are told in the coming days we are likely to experience our first sustained period of hot weather of the year so far, so it's important that everyone ensures they keep hydrated and cool. Wear a hat if out in the garden. Here are the ways in which you can keep yourself and others safe during periods of hot weather:

- check on family, friends and neighbours who may be at higher risk of becoming unwell, and if you are at higher risk, ask them to do the same for you.
- know the symptoms of heat exhaustion and heatstroke and what to do if you or someone else experiences fatigue.
- keep out of the sun at the hottest time of the day, between 11am and 3pm
- if you are going to do a physical activity (for example, exercise or walking the dog), plan to do these during times of the day when it is cooler such as the morning or evening.
- keep your home cool by closing windows and curtains in rooms that face the sun.
- if you do go outside, cover up with suitable clothing such as an appropriate hat and sunglasses, seek shade and apply sunscreen regularly.
- drink plenty of fluids and limit your alcohol intake.

Please patients, relatives, nurses and carers watch over each other, be kind, observant and caring.

Thankyou, Brenda