

# Beat the Heat

## Who are most at risk from heat



Babies



People with medical conditions

Older adults



Young children

In Australia, heatwaves kill more people than any other natural disasters.

### What is a Heatwave?

A Heatwave is extremely hot weather that lasts for 3 or more days.

Extreme heatwave can affect everyone. Planning ahead and being prepared for extreme heat is important for our health, wellbeing and safety.

### In an extreme hot day:

- Adult men and women should drink between 2 and 2.5 litres or more of water per day



- Children (depending on their age) to drink between 1 to 2 litres of water or more per day



### Cool yourself

- Drink plenty of water, even if you don't feel thirsty
- You should not drink soft drinks and alcohol
- Stay out of the sun
- Wear lightweight, loose clothing
- Minimise physical activity
- Take a cool shower



### Keep your home cool

- Use fan
- Use the air conditioner
- Keep doors and windows closed during the day
- Close curtains and external blinds during the day
- Cool your house at night, open windows and blinds
- You should not cook during the day



### Take a break from heat

- If you don't have air conditioning at home, visit a friend or relative who has it
- Put wet clothes or cool packs on your forehead, arms, and neck
- Visit shopping centres and pools



Watch ABC news (or)

listen to the radio to stay informed:

- ABC Local 91.1FM
- Gold 1071AM and 98.3FM
- Hit 91.9FM
- Radio KLFM 96.5FM and 106.3FM
- Triple M 93.5FM

Keep your phone charged and close by. It is a clever idea to have a battery-operated radio handy, so that you can listen to it when necessary.

- You must not leave children and pet in the car



- You must not light fires in the open air



### Have a plan (Know who to call if you need help)

- Ambulance - 000, Call when your life is in danger
- NURSE-ON-CALL – 1300 606 024 (Available 24/7). Call to get advice when you are worried about your health
- VicEmergency Hotline - 1800 226 226
- List 3 people (friends or relatives) with their phone number, so that you can call them when you are worried
- If you don't speak English, call 131 450 to request a Karen interpreter, and ask them to call the above phone numbers.



# မလှူတက်ကီသဟီတက့

## ပုလအိဒီးတလီဘဉ်ယိဒ်အဒိဒ်ကတလီတက်ကီသဟီတ Who are most at risk from heat

ဖဲအိးစတြလ်ယါအပူတက်ကီသဟီတ မလံပုအါနီဒီးန့ဆဉ်တတတါတနါ လာအဂသ့ဒ်တဖဉ်န့လီ.



ဖိသဉ်ဆး အီန့သ့ဒ်တဖဉ်



ပုလအိဒီးတအိဒ်ဆူဒ်အိဒ် ချတဂီကီသ့ဒ်တဖဉ်

ပုသးပုသ့ဒ်တဖဉ်



ဖိဒိသဉ်သ့ဒ်တဖဉ်

## တက်ကီသဟီတလအယံအထာန့ဒ်မုဒ်မနုလဲဒ်. (What is a Heatwave?)

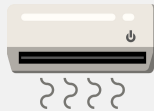
တက်ကီသဟီတလအယံအထာန့ဒ်မုဒ်မုဒ်ခိဒ်ကလံသိဒ်ဂီလအကီဝဲဒိဒ်မး လအယံ (၃)သိဒီးဆူအဖိခိဒ်န့လီ. တက်ကီသဟီတလအယံအထာန့ဒ်မလဘဉ်ဒိပုသ့ကိးဂဒီး န့လီ. တဂဲဒ်ကျဲဆိတဒီးတအိဒ်ဒီးတကတဲကတီသးလာတက်ကီသဟီတန့ဒ်မု တလအဂ့ဒ်လပတါအိဒ်ဆူဒ်အိဒ်ချ, တအိဒ်မုဒ်ဆိးပးဒီးတပုတါဖျဲးအဂီန့လီ.

## ဖဲတက်ကီဒိဒ်အမုဒ်န့ (In an extreme hot day)

- ပုပိဒ်ခါဒီးပုပိဒ်မုဒ်ဒိဒ်တု တဂကြးအိထံ (၂-၂.၅)လံထာဒီးဆူအဖိ ခိဒ်လတနံအတီပု



- ပုဖိသဉ်တဂ(ဒီးသန့ထီဒ် သးလအသးန့) ကြးအိထံ (၁-၂)လံထာဒီးဆူအဖိခိဒ် လတနံအတီပု



## မလှူလီနသး (Cool yourself)

- အိထံအါအါ, ဖဲနမုဒ်တသးသု သးအခါဒ်လဲဒ်
- တဘဉ်အိတါဆာထံဒီးသံး ဇီကဲဇီဘဉ်
- တဘဉ်အိဒ်လအတီကျါဘဉ်
- ကတါကူတါသိးလအဖဲဒီး ကျိကျိဖိ
- မစုလီနီဒိတါဟူးတါဂဲ
- လုာ်ထံခုဒ်ခုဒ်

## မလှူလီနဟံဒ် (Keep your home cool)

- အိးထီဒ်နီဝါကသုဒ်
- အိးထီဒ်ကလံခုဒ်
- ဖဲမုဒ်ဆါခါအခါကးတံယာဝဲတြိဒီးပဲတြိဖိ
- ကးတံယာဝဲဘျးသဖးဒီးတါနဲလမုဒ်ဆါခါ
- မလှူလီနဟံဒ်လမုဒ်နမိ - အိးထီဒ်ပဲ တြိဖိဒီးတါနဲတဖဉ်
- တကြးနဖိအိဒ်တါလမုဒ်ဆါခါဘဉ်

## ဟံးန့တါအိဒ်ဘျးလမုဒ်တါကီ (Take a break from heat)

- လအဟံဒ်ကလံခုဒ်မုဒ်တအိဒ်ဘဉ်န့ လဲအိဒ်သကိးနတံသကိးဒီးဘျးတါ လအတါအိဒ်တဖဉ်
- ဟံတါကံးညါဘဉ်စိဒ်ဒီးတါခုဒ်ဘိဒ် လအခိဒ်တိသဉ်, စုလီဒီး ကီဒ်ဘိလီ
- လဲဟးလကျးရီဒီးဒီးတါလုာ်ထံလီ



ကွါ ABC ကွဲဟူဖျါတါကစိဒ် မုတမုဒ် ဒိကန့ကွဲလုလီလအကဒီးန့ဘဉ်တါကစိဒ် အဂီတက့.

- ABC Local 91.1FM,
- Gold 1071AM and 98.3FM,
- Hit 91.9FM,
- Radio KLFM 96.5FM and 106.3FM
- Triple M 93.5FM

- နတဘဉ်ဟံတါဖိသဉ်ဒီးဆဉ်ဖိကီ ဖိလအနအဲဒ်အီလါ သိလုဒ်ပုဘဉ်



- တဘဉ်မကဲထီဒ်မုဒ် အူလအတါပျီပုဘဉ်



သွီဟံဒ်နလီတဲစိအဂီပုပုဒီးဟံအါဘျးဘျးဒီးန့တက့. မုဒ်တါပုလအက အိဒ်ဒီးကွဲလုလီလအသုလီဆိဒ်တဖျါ, ဒ်သိးနကဒိကန့အိဖဲ နလီဒ်ဘဉ်အခါကသုအဂီန့လီ.

## အိဒ်ဒီးတါတိကျဲ (သုဒ်ညါပုလအကကိးအီလအတါမလှူအဂီ) Have a plan (Know who to call if you need help)

- သိလုဒ်တီပုဆါ '000' - ကိးအီဖဲနသးသမုအိဒ်လအတါဘဉ်ယိဒ်ပု
- NURSE-ON-CALL - 1300 606 024 အိဒ်ဝဲတန့(၇)သီ. ကသံဒ်သရဉ်ဖိ လအဟံဒ်ကူဒ်တါဘဉ်ပးတါအိဒ်ဆူဒ်အိဒ်ချဖဲတါလိဒ်ဘဉ်အီလအဆိအချ
- ဝဲထံရံယါဂုါဂီအူလီကျိ '1800 226 226'
- ကွဲနီဒ်ဟံဒ်ပု(၃)ဂ (တံသကိးမုတမုဒ်ဘျးတါ)အမဲဒီးလီတဲစိနီဒ်ဂံ, ဒ်သိးနကိးအီဖဲနအိဒ်ဒီးတါတါဂီခါ ကသုအဂီ
- နတဲကီလအဝါကျိဒ်မုဒ်တဘဉ်ဘဉ်န့ကိးဘဉ် '131 450' လအကဃုထီဒ် ပုကညီပုကျိထံတါဖိတဂဒီးမကိးန့နုလီတဲစိနီဒ်ဂံလအထးတဖဉ် န့တက့.

