
CODE RED AND ACTIVITIES ON HEAT WAVE DAYS

People in the Wimmera area have dealt with prolonged periods of heat using a common sense approach. Council advises its residents to take practical steps to keeping cool and avoiding the heat this summer.

Please be aware that the delivery of services by Council on Code Red days may be affected.

On Code Red Days:

Code Red is the highest Fire Danger Rating. They are rare - when they are forecast they are very serious. On a Code-Red day, refer to your BUSHFIRE SURVIVAL PLAN. This may involve leaving high risk bushfire areas the night before or early in the morning is the safest option. The decision to LEAVE EARLY is not the same for every household. The place you decide to go to depends on your individual needs. There is no designated or set LEAVE EARLY location in this municipality.

Is leaving necessary and how will I know when to leave early?

You should remain vigilant on days of severe or extreme weather events, such as Code Red fire danger days, for warnings and other information about the emergency.

In high bushfire risk areas, the safest option on high fire danger days is always to leave early, before a fire starts. Leaving early is the recommended course of action and should be your first consideration and included in your planning.

PLANNING BEFORE an event:

Your key sources of information in **preparing** for an emergency are -

- For bushfires - Ring the Victorian Bushfire Information Line on 1800 240 667 (visit www.cfa.vic.gov.au and look under FIRE SAFETY tab).
- Red Cross' Emergency REDiPlan can assist you prepare an Emergency Plan for your home (visit www.redcross.org.au and look under the Emergency Services in Australia Tab)

WARNINGS DURING:

Your key sources of information during an emergency are -

- Listen to your emergency broadcasters: ABC Local Radio, commercial radio and designated community radio stations or SKY NEWS Television. (Visit www.oesc.vic.gov.au on the internet for a full list of emergency broadcasters)
- For bushfires - Ring the Victorian Bushfire Information Line on 1800 240 667 (visit www.cfa.vic.gov.au and look under FIRE SAFETY tab).

During a Heat Wave:

If feeling unwell seek medical assistance

Those most at risk in the heat are

- People over 65 years
- Those with poor mobility
- Infants and babies
- Pregnant and nursing women
- Those living with chronic illness such as heart disease, high blood pressure, diabetes, cancer or kidney disease

Who to Call

Have you thought about who you can call if you need help? Family? Neighbours? Friends?

For babies and young children call your Maternal and Child Health Nurse

Nurse on Call 1300 606 024

If you have a medical condition discuss any concerns with your GP

Practical Suggestions

Plan to keep yourself cool and avoid the sun

Turn on air conditioning if available at home and in cars

Stay inside, close the house up, pull down the blinds, open up at night to let cooler air in

Drink plenty of water

Wear comfortable loose clothes, hat and sunscreen if outside

Stay in shade

Avoid rigorous exercise and outdoor games

Visit cool places such as the library, cafes

Plan activities and shopping for early and late in the day