

# Heatwaves pose a risk to everyone.

Respond. \_\_\_\_\_  
**Prepare.**  
\_\_\_\_\_ Recover.

## Here's how you can prepare.

**Get in the know:** Speak to your GP about how heatwaves may affect you and download the Bureau of Meteorology (BOM) app for reliable weather forecasts and warnings.

**Get connected:** Build support networks with neighbours, family, and friends.

**Get organised:** Plan for heatwave safety together, and identify a cool place to go if needed during extreme heat.

**Get packing:** Consider what essentials you may need to stay safe at home, or to take with you.

 **Australian Red Cross**

For more information on what to do during a heatwave, visit [redcross.org.au/heatwaves](https://redcross.org.au/heatwaves)

