



PREPARE YOUR HOME FOR HEATWAVES



CLOSE THE CURTAINS TO KEEP THE HOUSE COOL

Shield windows exposed to the sun by closing the curtains and rolling out awnings.



REFRIGERATE BOTTLES OF WATER

Keep bottles of drinking water in the fridge so you and your family stay cool and hydrated. Ensure you take them with you when you leave the house.



STOCK UP ON 'COOL' FOODS

Have ingredients that don't require cooking such as sandwiches and salads. If you need to cook, the microwave will avoid heating up the kitchen.



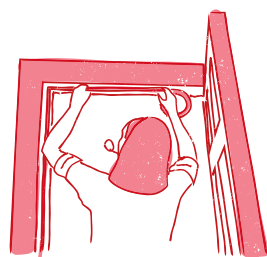
CHECK AIRCON DUCTS FOR PROPER INSULATION

Having proper insulation is essential for keeping your house cool. If your home still feels warm with the air conditioning on, hire a professional to inspect your insulation.



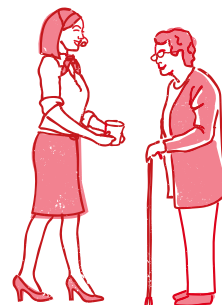
WEATHER-STRIP DOORS AND SILLS

Install weather seals on doors and windows around your home to keep the cool air in.



CHECK IN ON THE ELDERLY AND AT-RISK

Check on family and neighbours, especially those at most risk, such as the elderly and those with medical conditions.



PREPARE AN EMERGENCY KIT

Tick off the items you have in your preparation kit.



- | | |
|---|--|
| <input type="checkbox"/> Drinking water | <input type="checkbox"/> Fire extinguisher |
| <input type="checkbox"/> Canned food | <input type="checkbox"/> Fire blanket |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Protective gloves |
| <input type="checkbox"/> Battery powered radio | <input type="checkbox"/> Phone charger |
| <input type="checkbox"/> Torch with extra batteries | <input type="checkbox"/> Cash |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Important family documents (insurance papers, bank accounts, medical records) |
| <input type="checkbox"/> Disinfectant | <input type="checkbox"/> Spare clothing |
| <input type="checkbox"/> Whistle | |
| <input type="checkbox"/> Mess kits, paper cups, plates and plastic utensils | |

Make sure your emergency kit is accessible.



MONITOR WEATHER ALERTS

During bushfire season, it's important to monitor weather warnings and take advice from authorities like the SES and your local CFA.

Your local CFA phone number:

LUCKY
YOU'RE
WITH **AAMI**

