



**Important information to keep you safe during Summer - bushfire season and extreme heat information sheet.**

Summer is almost upon us. With the warmer months approaching and the subsequent extreme conditions, we wanted to take the chance to remind you of the importance of being prepared for extreme weather events.

Jessie May's do not take responsibility for making decisions about bushfire danger and the safety of clients; however, we are committed to ensuring our staff and clients are well informed and understand the potential risks and hazards that summer brings.

Here are some strategies that you can use to easily minimize some of the most common risks that heat brings:

- Ensure you drink water or juice frequently, even in small amounts
- Be sure to eat meals regularly and snack in between as needed to reduce fatigue and faintness
- Keep your home a comfortable temperature, don't be afraid to turn on the aircon!
- Keep your blinds drawn to repel the heat
- Avoid drinking excessive alcohol, especially if you are not well hydrated
- Use ice packs on the back of the neck, underarms, and groin as needed to reduce core body heat if you feel uncomfortably hot
- Ask a neighbor or family member to call or check on you on particularly hot days or during heatwaves/extreme weather conditions
- Have a lukewarm shower to help cool off
- Avoid going outdoors on days of extreme weather. If you must leave your home, try to reduce the amount of time that you are exposed to the heat

Our teams live in your local community, and they will always do their best to ensure your services are uninterrupted. On days of extreme bushfire risk, or extreme temperatures, services may be disrupted due to safety concerns. If this is the case we may be required to alter or reschedule your services to ensure their safety, however we will always attempt to contact you if this is the case.

Fire Danger Rating	Action
CODE RED	If a Code Red is issued to your area, <b>no services or in person care can be delivered to you.</b>
EXTREME	Essential services (meal preparation, personal care, and medication prompting) will be provided on these days and where possible, services will be rescheduled to be delivered as early in the day as possible.
HEAT ALERT WATCH AND ACT ALERT EMERGENCY WARNINGS	If a Heat Alert, Watch and Act Alert, or Emergency Warning is issued to your area, we may need to reschedule or limit your services. If one of these warnings impacts your services, Jessie Mays will be in touch.



The safety of our clients and staff is absolutely paramount to us, especially in times of extreme heat. This above list has been created to assist you in understanding how your services may be impacted during these periods. Rest assured the essential services are prioritized and we will always do our best to ensure your services are not disrupted. If at any time the conditions become unsafe, we may need to adjust how your services are delivered.

Jessie May's will **always** contact you if one of the above situations impacts your services. Please visit the Vic Emergency site or download their app so you can keep up to date with warnings and alerts for your area.

**Helpful links:**

Bushfire Survival Plan: [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au)

Preparing For a Heatwave: <https://www.redcross.org.au/get-help/emergencies/looking-after-yourself/how-to-prepare-for-a-heatwave>

Vic Emergency: [www.emergency.vic.gov.au/respond/](http://www.emergency.vic.gov.au/respond/)

If you have any questions or concerns or would like your Support Team to provide you with further information regarding heatwaves and bushfire threat, please do not hesitate to ask. We are here to help!!