

# ECHO GAZETTE

Helping our community enjoy independent lives in their own homes.



## According to the Health Department,

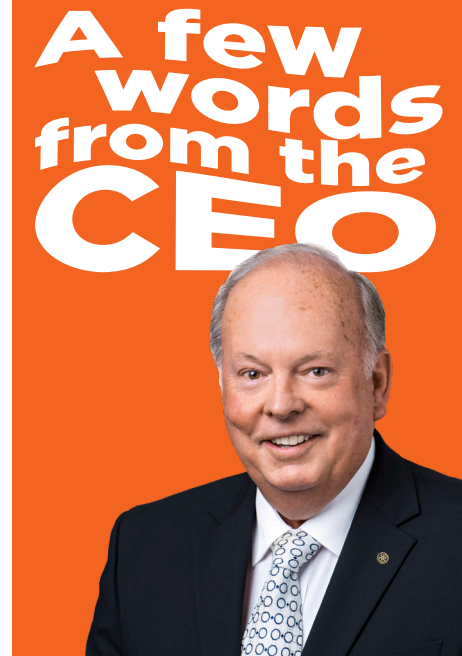
heatwaves occur when the minimum and maximum temperatures are much hotter than usual for three or more days.

It is important to prepare yourself and your home when a heatwave is on the way. Get informed and stay up to date with Heatwave alerts. Make sure to listen to radio and television weather reports to plan for hot days.

### To prepare for a heatwave:

- Check air-conditioners and fans are working and set to the 'cool' setting.
- If you need to service or replace your air-conditioner or fan, do so before summer.
- Keep your home cool by keeping windows closed and shutting all blinds and curtains.
- Have a battery, solar or wind-up powered torch and radio available. Have spare batteries on hand.

- Stock up on food so you are less likely to have to go outside. Take care when you buy, store and handle food in hot weather to reduce the risk of food poisoning.
- Wrap medications needing refrigeration in foil or heat repellent containers with an icepack to keep them cool if there is a power outage.
- Keep electronic devices such as mobile phones and laptops charged.
- Keep in regular contact with family, friends and neighbours.
- If you have acute or chronic medical conditions, talk to your doctor about the best ways to cool down during very hot weather.
- If your doctor normally limits your fluids or you are on fluid tablets, you may need to check how much to drink in hot weather.



## While Summer is now officially behind us,

the months of March and April can contain days when temperatures are well above 30 degrees.

Staying well hydrated is important for everyone, but especially for those of advancing age, who, along with infants, are most at risk.

Please read and digest the important information included in this Gazette to help you and your loved ones avoid dehydration.

Additionally, ECHO has introduced a new 'wellness' service. Please give your ECHO Client Advisor a call to learn how this operates, how it will be of benefit to you, and how it may be added to your care plan.

Until next time ...

**Stuart Diggins**  
CEO

## What is dehydration?

Dehydration occurs when you don't have enough fluids in your body.

Severe dehydration can cause serious problems. If you suspect you are (or someone else is) severely dehydrated, seek medical attention.

You are dehydrated when your body doesn't have enough water to work properly. It can happen when your body loses too much fluid.

When your body has enough water to work properly, you are hydrated.

## What causes dehydration?

- Strenuous exercise, especially in hot weather
- Severe vomiting or diarrhoea
- Fever
- Too much alcohol
- Certain medicines such as diuretics
- Diabetes
- Not drinking enough water

Anyone may become dehydrated, but babies, young children, older adults and people with long-term illnesses are at most risk.

## Symptoms of dehydration

### Mild to moderate dehydration:

- Thirsty
- Dry mouth, lips and tongue
- Dizzy or light-headed, particularly when standing up

- Headache
- Dark urine (wee) and not so much wee as normal

### Severe dehydration:

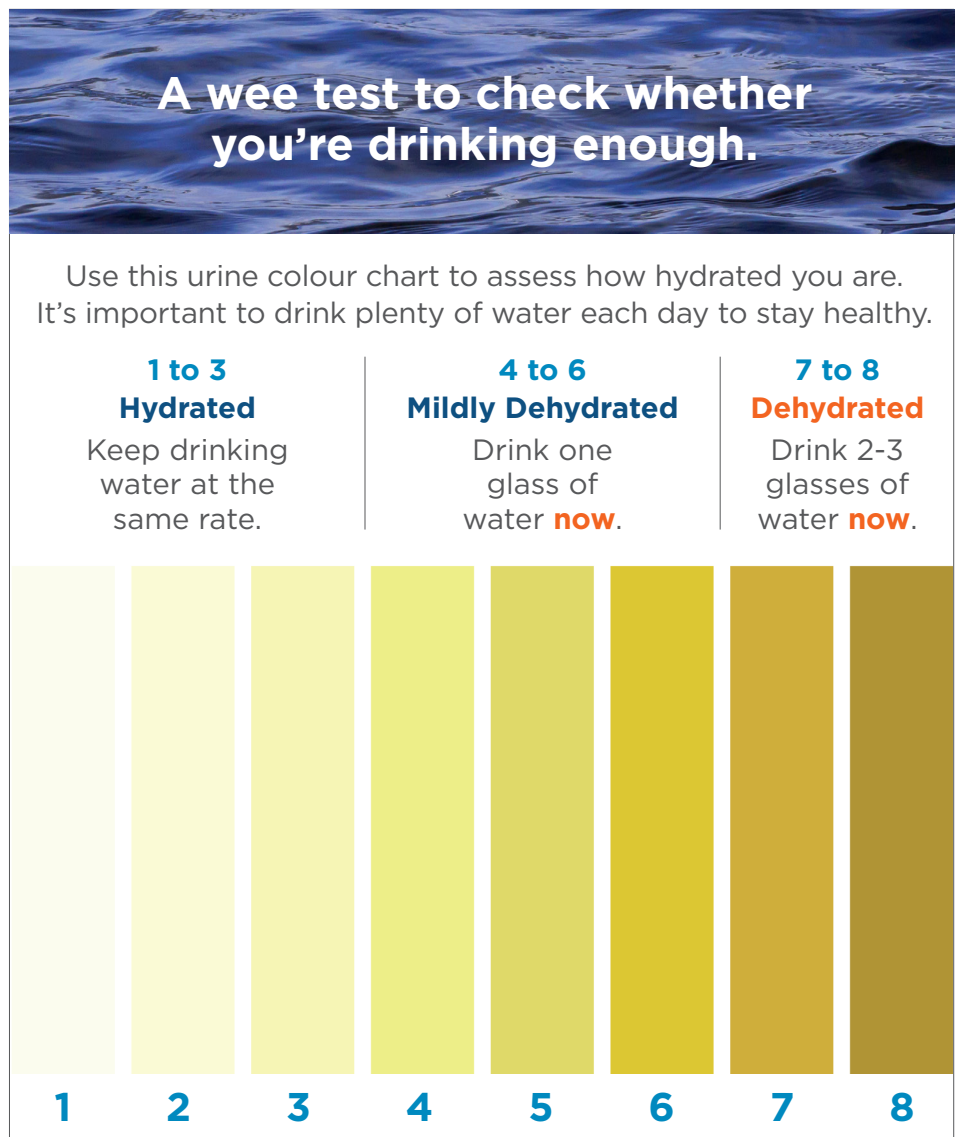
- Extremely thirsty
- Very dry mouth
- Breathing fast
- Fast heart rate and low blood pressure
- Fever
- Little or no urine (wee)

- Irritable, drowsy or confused

### What to do if you have any symptoms:

- Move to a cool place
- Loosen tight clothing and remove unnecessary clothes
- Drink small amounts of cool water, often

### If your symptoms don't improve seek medical advice.



Information from [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

## Get in touch with ECHO

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**ECHO**