



**National Emergency
Management Agency**
Te Rākau Whakamarumarū



What to do when it is really hot

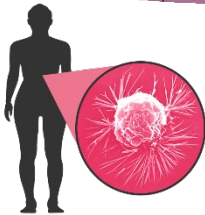
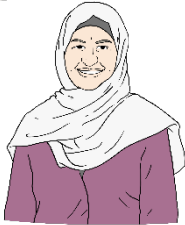


Published: March 2025

About this document



This is an Easy Read document from the National Emergency Management Agency about how to stay safe when it gets really hot.



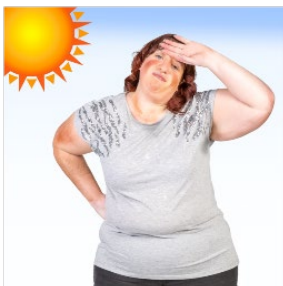
Some people are more likely to feel sick from **heat exposure** like:

- babies
- older people
- people with long term health conditions like asthma.



Heat exposure is when someone gets sick from being in the heat for too long.

Signs of heat exposure are:



- a rash
- heat cramps – when your muscles tighten
- sunburn – when your skin becomes red
- heat exhaustion – becoming very tired after being in the heat for too long
- heatstroke – fainting from the heat.

You can find information on what to do if you have heat exposure on the St John website:

shorturl.at/Ze0oG

This information is **not** in Easy Read.

On the Health New Zealand website there is information about:

- how the heat can make someone sick
- what to do to help someone who is sick from the heat.



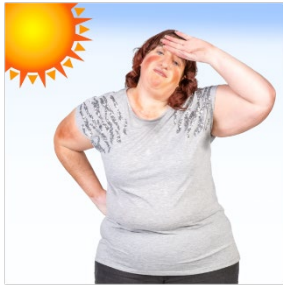
You can find the website here:

shorturl.at/dbtta

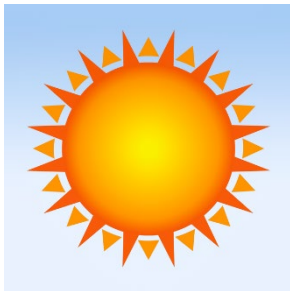


This information is **not** in Easy Read.

When it gets really hot everyone can:



- feel the heat
- be affected by the **UV radiation** in sunlight.



UV radiation:

- comes from the sun
- sometimes causes skin cancers
- cannot be:
 - seen
 - felt.



The best way to keep yourself safe from UV radiation is to wear:

- sunscreen
- sunglasses
- a hat
- clothes that cover as much of your skin as possible like:
 - a thin long sleeved shirt
 - long trousers.



More information about UV radiation is available at the Sunsmart website here:

shorturl.at/fhA3t



This information is **not** in Easy Read.

Getting your house ready for the heat

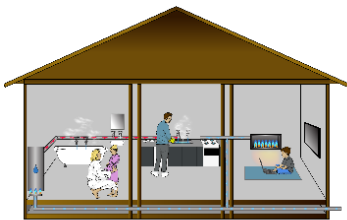


There are lots of ways to get your house ready for hot weather.



On **pages 6 to 9** of this Easy Read document you can find some ways that you can get your house ready.

Check your insulation



Insulation helps keep your house:

- warm in winter
- cool in summer.



It is also good to check your insulation if you have **air conditioning**.



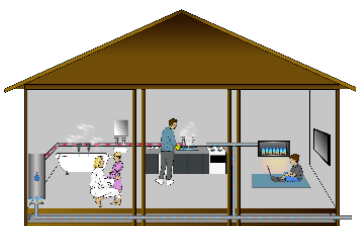
An **air conditioner** blows cold air into whatever room it is in.

Good insulation will keep the cold air from the air conditioner inside your house for longer.



Another way to keep cold air inside your house is to put **weather stripping** on:

- doors
- windows.



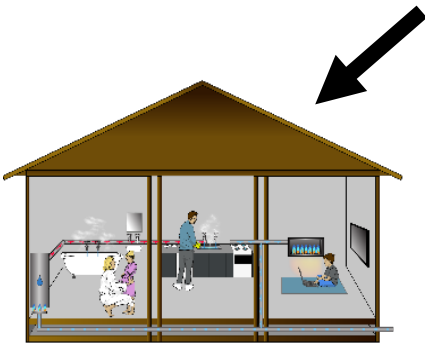
Weather stripping is a type of seal that helps keep cold air inside your house.

Get a fan



A fan can help keep your house cool.

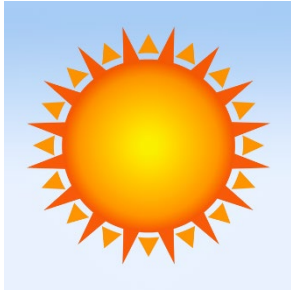
It is a good idea to put a fan in the **attic** if you have one.



An **attic** is a room in the roof of a house.

Fans can move warm air out of your attic to keep your house cooler.

Cover your windows



Another way to keep your house cool is to stop the sun from shining through the windows.



You can do this by:

- hanging shades / curtains
- adding an **awning** outside your windows.



An **awning** is a type of shade that you can put on the outside of your house / window to help keep your house cooler.

How to get yourself ready for the heat



Make a plan with your whānau / family about staying safe when it gets very hot.



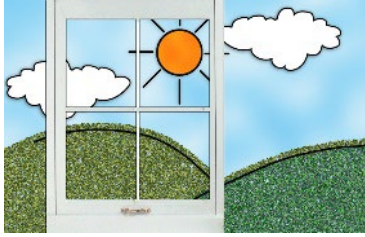
Everyone should know what to do:



- at home
- at work
- at school
- in the community.



Some places that do not have air conditioning can be unsafe places to be when it is very hot.



Check the weather to make sure it will not be too hot before you make plans for an outdoor activity like going to the park.



You can check the weather on the MetService **website**:

www.metservice.com/national

MetService also lets you know when the weather is going to get very hot.



This information is **not** in Easy Read.

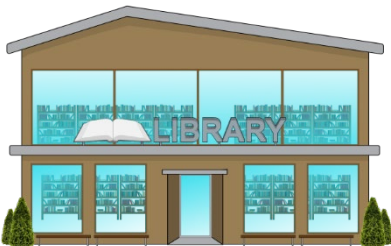
What to do when it is hot



A few things you can do to keep cool when it is hot are:

- have a cold shower
- wear loose clothes
- stay:
 - indoors
 - in the shade.

If your house becomes too hot go to a public space that has air conditioning like:



- a library
- the mall.



To keep yourself updated when it is really hot you can:

- listen to the radio
- follow your **Civil Defence Emergency Management Group** online.



Civil Defence Emergency Management Groups are made up of local councils.

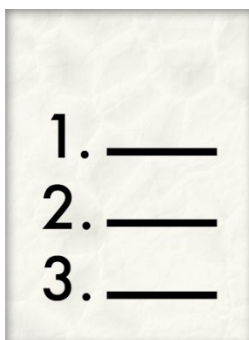


You can check who your local Civil Defence Emergency Management Group is on this **website**:

shorturl.at/QKL2D

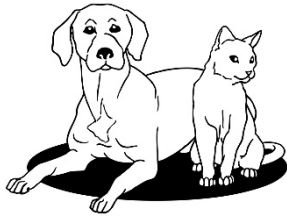


This website is **not** in Easy Read.



Follow the instructions of your local Civil Defence Emergency Management Group.

Protecting pets / animals



Pets / animals can become very sick when it becomes really hot.



Animals that are more likely to become sick are:

- very young animals
- old animals
- animals with a short snout / nose.





Most animals do not sweat.

When they are hot animals will need to:



- pant more – this is when they stick their tongue out
- have water put on them to help them cool down
- be in the shade
- drink lots of water.



You will need to check on your pets / animals more often.



Call your vet if you see signs of heat stress in your pets / animals.



Information about signs of heat stress in animals can be found here:

shorturl.at/VPpLL



This information is **not** in Easy Read.



National Emergency Management Agency
Te Rākau Whakamarumarū

This information has been written by the National Emergency Management Agency.

Make it Easy
Kia Māmā Mai



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.

People First NZ
Ngā Tāngata Tuatahi



The ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.



All images used in this Easy Read document are subject to copyright rules and cannot be used without permission.

PHOTO SYMBOLS®



ESGEESEE NZ



STUDIO REBEKO

Make it Easy uses images from:

- Photosymbols
- Change Images
- Huriana Kopeke-Te Aho
- SGC Image Works
- T Wood
- Studio Rebeko
- Inga Kramer.